



ShipShape Program Participant Study Guide





NAVY AND MARINE CORPS PUBLIC HEALTH CENTER PREVENTION AND PROTECTION START HERE





The ShipShape Program is the official Navy weight management program that assists active duty and reserve military service members, beneficiaries, and government civilians with making healthy behavior changes to reach their weight management goals.



TABLE OF CONTENTS

inti ouuction	······································
ShipShape Program Participant Study Guide Overview	3
ShipShape Program Fact Sheet Overview	3
ShipShape Program Passport Overview	3
ShipShape Program Passport Guidance	3
Participation Guidance	4
Online Sessions	4
In-Person Group Sessions	4
Program Guidance	5
Initial Contact	5
Introductory Online Session	5
First In-Person Group Session	6
Middle In-Person Group Sessions	6
Last In-Person Group Session	6
Concluding Online Session	6
Presentation Overview	7
Timeline	7
lcons	7
Session Snapshot Overview	8
Objective	8
In-Class Handouts	8
Additional Resources	8
Take Home Action Plan	8
Post-Session Follow-Up	8
Session Snapshot Guidance	8
Steps to Success	9
Fueling Your Body and Brain	10
Weight Loss Tracking and Trends	11
Power Unl Physical Activity	12

Psychology of Weight Management	13
Creating Supportive Environments	14
Stress Management and Relaxation	15
Preparing for the Future	16
Session Follow-Up Overview	17
Session Follow-Up Guidance	17
Post-Program Follow-Up Overview	18
Post-Program Follow-Up Guidance	18
One/Two Weeks	19
One Month	20
Two Months	21
Three Months	22
Four Months	23
Five Months	24
Six Months	25
Success is Your Reality	26
Notes	27
Appendix A: Handouts for Fueling Your Brain and B	Body
	28
Appendix B: Handouts for Weight Loss Tracking	
and trends	29
Appendix C: Handouts for Power up! Physical Acti	
Appendix D: Handouts for Psychology of Weight Management	31
Appendix E: Handouts for Creating supportive Environments	32
Appendix F: Handouts for Stress Management and Relaxation	



INTRODUCTION

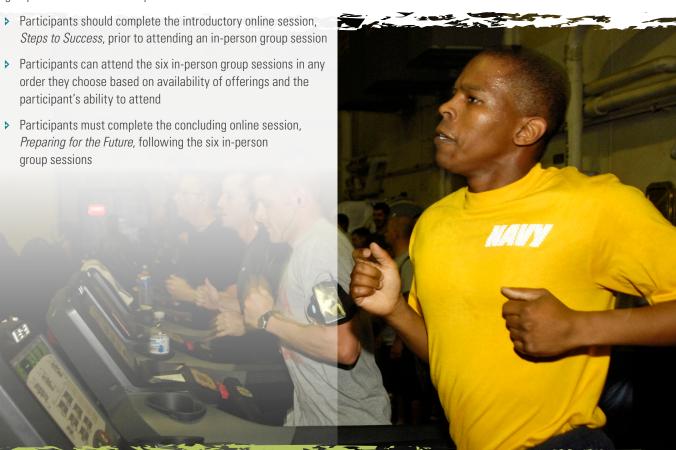
Congratulations on your decision to become a ShipShape Program participant! The ShipShape Program is the official Navy weight management program that assists active duty and reserve military service members, beneficiaries, and government civilians with making healthy behavior changes to reach their weight management goals. The program was developed to decrease the loss rate of service members who exceed Navy body composition assessment (BCA) standards. Per the Navy Physical Readiness Program Nutrition Resources Guide, active duty and reserve military service members who exceed BCA standards or experience weight cycling or unhealthy weight fluctuations between BCA cycles (even if they meet BCA standards at weigh-in) may be referred to the ShipShape Program as a weight management option. For this reason, ShipShape Program participants are typically service members who fail or are at risk of failing their BCA; however, beneficiaries and government civilians are encouraged to participate as well.

Participants can enroll in the ShipShape Program at any point while the program is being offered. The program consists of six in-person group sessions bookended by two virtual sessions.

Participants have six months to complete the program from the date of their first in-person group session. Completion of all sessions is required within the six month timeframe for program completion. Should an emergency arise, participants may manage unavoidable absences with the facilitator and command on a case-by-case basis.

Session topics are as follows:

- > Steps to Success (introductory online)
- > Fueling Your Body and Brain (in-person group)
- > Weight Loss Tracking and Trends (in-person group)
- > Power Up! Physical Activity (in-person group)
- Psychology of Weight Management (in-person group)
- Creating Supportive Environments (in-person group)
- > Stress Management and Relaxation (in-person group)
- Preparing for the Future (concluding online)





Although the main content differs from session to session, each session will address the three key components of the ShipShape Program: nutrition, physical activity, and mindset.

- Nutrition: Eating nutrient-dense food (whole grains, lean protein, fruits, vegetables, and low-fat or fat-free dairy products) helps an individual feel full longer; reduces snacking between meals; supports maintaining overall health; and reduces the risk of certain chronic diseases such as hypertension, diabetes, and heart disease.
- Physical Activity: More people are successful at losing weight and keeping it off long-term when using a combination of diet and exercise than using diet or exercise alone.
- Mindset: Maintaining a positive state of mind and establishing a supportive environment are critical to making the lifestyle changes needed for long-term weight management.

Following each ShipShape Program session, each participant should reach to the facilitator to review that session's material and address any challenges. The post-session follow-up should occur before the participant attends their next ShipShape Program session. Once the participant completes all eight sessions, they enter the six month post-program follow-up phase. At that time, participants should periodically reach to the facilitator to monitor behavior changes and discuss their progress.

Depending on the number of facilitators that a participant may interact with during their tenure in the ShipShape Program, some locations may identify a lead facilitator to act as a single point of contact. The lead facilitator would respond to post-session and post-program follow-ups and handle any administrative tasks for the participants assigned to them.

For more information about the ShipShape Program, visit our website at www.med.navy.mil/sites/nmcphc/healthpromotion/Pages/shipshape.aspx.





SHIPSHAPE PROGRAM PARTICIPANT STUDY GUIDE OVERVIEW

The purpose of this guide is to give you an overview of the ShipShape Program and outline your responsibilities as a participant. It provides you with the tools and instructions needed to successfully complete the program including the self-guided post-session and post-program follow-up phases.

SHIPSHAPE PROGRAM FACT SHEET OVERVIEW

The **ShipShape Program Fact Sheet** provides participants with a one-page introduction to the ShipShape Program. It briefly describes the program and how it works. The fact sheet also includes the eligibility requirements for program participation.

SHIPSHAPE PROGRAM PASSPORT OVERVIEW

Participants can attend the in-person group sessions in any order they choose based on availability of offerings and their ability to attend. However, participants must complete the program within six months of the date of their first in-person group session. The ShipShape Program Passport is a tracking document that allows you and the facilitator to easily record your attendance at each session and monitor your progress toward program completion.

SHIPSHAPE PROGRAM PASSPORT GUIDANCE

Each participant should have their own ShipShape Program Passport. Below are instructions for how to use the Passport.

- Print your ShipShape Program Passport
- Bring your Passport with you to all in-person group sessions and have the facilitator mark the appropriate session as complete
- At your first in-person session following completion of the introductory online session:
 - The facilitator will mark both Steps to Success and the current session as complete
 - The facilitator will record the program start date (date of first in-person session) and the date the program must be completed by (six months from the date of the first in-person session)
 - You have the option of entering your initial weight and goal weight to help keep yourself on track
- At all subsequent in-person group sessions, the facilitator will mark that session as complete
- At your last in-person group session, you have the option of entering your final weight to measure your progress
- Regularly check your Passport and local ShipShape Program offerings to ensure that you have adequate time to attend all sessions within the six month timeframe to complete the program
- Keep your Passport in a safe place and remember to bring it with you to all in-person group sessions



PARTICIPATION GUIDANCE

The ShipShape Program consists of a combination of online sessions and in-person group sessions. The two delivery formats require different types of participation. Below are tips on how to get the most out of each format.

Online Sessions

There are two self-paced online sessions within the ShipShape Program. These sessions utilize an audio component to enhance the learning process. Below are some general guidelines to consider when participating in an online session.

- Participate in the session at a time and location that is conducive to you
- To the extent possible, minimize distractions that could potentially disrupt the learning process before beginning the session
- Throughout each session you will be given verbal and visual prompts to complete certain activities. Before you launch each online session you will see links to the handouts required to complete these activities. Make sure you have these handouts available to you while you are taking the online session. Based on your personal preference you may either:
 - Print the document to complete it manually
 - Download the document to complete it electronically and print once complete

In-Person Group Sessions

There are six in-person group sessions within the ShipShape Program. Each in-person session is facilitated by a certified ShipShape Program Facilitator who is trained in the principles of group dynamics. The facilitator will draw on these competences to lead the group in constructive discussions and useful activities. In addition to the facilitator's leadership skills, the participants' knowledge, attitudes, and abilities also play a role in the success or failure of each session. Below are some general guidelines to consider when participating in a group session.

- Contribute to the conversation
- Partake in the group activities
- Allow others equal time to participate by not dominating discussions or activities
- Address fellow participants when speaking rather than just the facilitator
- > Respect other peoples' opinions, backgrounds, and choices
- Offer support and encouragement to fellow participants
- Applaud the achievement of others
- Avoid side conversations
- > Arrive on time
- Bring the appropriate handouts and your ShipShape Program Passport to each session
- Silence your cell phone
- Step outside the room if you need to take an important phone call



PROGRAM GUIDANCE

Although there are eight individual ShipShape Program sessions, it can be helpful to think of the program in phases. As a participant, you have certain responsibilities during each phase. Below are resources and reminders to assist you as you progress through the phases of the program.



Initial Contact

Individuals participate in the ShipShape Program for a variety of reasons. Regardless of your specific motivation, all participants have the same responsibilities throughout this phase of the program.

- Keep an open mind in regard to making healthy behavior changes
- If you are an active duty service member enrolled in the Fitness Enhancement Program (FEP), you must work with your Command Fitness Leader (CFL) to meet FEP requirements in addition to participating in the ShipShape Program
- Exchange contact information (phone and email) with the ShipShape Program Facilitator
- Commit to completing the introductory online session,
 Steps to Success, which can be found on the ShipShape
 Program website

Introductory Online Session

The introductory online session, *Steps to Success*, should be completed prior to attending an in-person group session. You have several responsibilities throughout this phase of the program.

- > Complete Steps to Success and the associated activities
- Familiarize yourself with the ShipShape Program Participant Study Guide
- Complete the Take Home Action Plan and related assignments
 - Weight Loss Readiness Test II Determine how your attitudes and behaviors equip you for a weight loss program
 - Set Your Weight Loss Goals Identify realistic goals that help keep you on track with your overall weight loss plan
- Before attending your next session, reach out to the facilitator (via phone or email) to follow-up on the Take Home Action Plan, Weight Loss Readiness Test II, and the Set Your Weight Loss Goals handout



First In-Person Group Session

Participants may attend the six in-person group sessions in any order they choose based on availability of offerings and their ability to attend. Therefore, the first in-person group session may vary by participant. Regardless of the session topic, the first in-person session marks the beginning of the six month timeframe in which participants have to complete the program. You have several responsibilities throughout this phase of the program.

- Bring your Weight Loss Readiness Test II results and completed Set Your Weight Loss Goals handout (Steps to Success related assignments) for documentation of goals
- Bring your ShipShape Program Passport and appropriate handouts found in the Participant Study Guide
- > Confirm for the facilitator that you completed the introductory online session, *Steps to Success*, and subsequent follow-up
- Have the facilitator mark both Steps to Success and the current session as complete on your Passport
- Provide your initial weight (required) via weigh-in or self-report
- Complete the Take Home Action Plan and related assignments (when applicable) and follow-up with the facilitator (via phone or email) before attending your next session

Middle In-Person Group Sessions

The order of topics for middle in-person group sessions may vary by participant; however, your responsibilities are the same throughout this phase of the program.

- Monitor your ShipShape Program Passport and local offerings to ensure that you are within the six month timeframe to complete the program
- Bring your ShipShape Program Passport and appropriate handouts found in the Participant Study Guide
- Have the facilitator mark the current session as complete on your Passport
- Provide your weight (optional) via weigh-in or self-report
- Complete the Take Home Action Plan and related assignments (when applicable) and follow-up with the facilitator (via phone or email) before attending your next session

Last In-Person Group Session

Although the last in-person session does not mark the end of the ShipShape Program, it does mark the end of group sessions. The topic for the last group session may vary by participant; however, your responsibilities are the same throughout this phase of the program.

- Bring your ShipShape Program Passport and appropriate handouts found in the Participant Study Guide
- Have the facilitator mark the current session as complete on your Passport
- Provide the facilitator with your final weight (required) via weigh-in or self-report
- Complete the Take Home Action Plan and related assignments (when applicable) and follow-up with the facilitator (via phone or email) before completing the concluding online session, Preparing for the Future
- Commit to completing the concluding online session, Preparing for the Future, found on the ShipShape Program website

Concluding Online Session

The concluding online session, *Preparing for the Future*, must be completed following the six in-person group sessions. You have several responsibilities throughout this phase of the program.

- Complete Preparing for the Future and the associated activities
- Complete a brief program evaluation as part of the Preparing for the Future session
- Note that a Certificate of Completion will automatically be generated once you complete the program evaluation
- Email a copy of the certificate to the facilitator to document program completion
- Print or save a copy of the certificate for your own records
- If you are an active duty service member enrolled in FEP, provide a copy of the certificate to your CFL
- Review the ShipShape Program Participant Study Guide for post-program follow-up instructions to include self-guided check-ins and a six month follow-up weight (required) via self-report
- Set alerts on your phone or electronic calendar to remind yourself to periodically follow-up with the facilitator after completing the program



PRESENTATION OVERVIEW

Each ShipShape Program session is accompanied by a PowerPoint presentation. Below is an outline of the presentations, which is similar for most sessions.

Timeline

- Weigh-in or self-reported weight (in-person sessions only)
 - Optional except for the first and last in-person group sessions
 - Participants should monitor their ShipShape Program
 Passports to determine when a weigh-in or self-reported weight is required
- > Program reminders and purpose of current session
 - General program reminders
 - Introduction of the current session topic and its impact on weight management
- Content
 - Detailed presentation of the current session topic
 - Group discussion
 - Activities
 - Questions and answers
- > Summary, program reminders, and Take Home Action Plan
 - Synopsis of current session topic
 - General program reminders
 - Explanation of the Take Home Action Plan and related assignments that participants are to complete and review with the facilitator before their next session

Icons

Icons are used throughout the presentations to spur conversation and interaction among participants. When applicable, the icons below appear in the upper right hand corner of the presentation slides.

Indicates structured group discussion









SESSION SNAPSHOT OVERVIEW

The Session Snapshots following this section, are one-page documents that provide a brief synopsis of each ShipShape Program session. Below is a general description of each section of the Session Snapshot.

Objective

The objective section establishes the intent of the session. It provides a better understanding of the topic that will be discussed during that session.

In-Class Handouts

The in-class handouts section details the specific handouts (tests, fact sheets, etc.) that are referenced during the session. All ShipShape Program sessions include required in-class handouts that highlight the topics discussed during the session.

Additional Resources

The additional resources section itemizes the optional materials for the session. While all ShipShape Program sessions include in-class handouts, only some sessions have additional resources. These materials are not required for inclass participation.

Take Home Action Plan

The Take Home Action Plan section provides participants with nutrition, physical activity, and mindset tasks or challenges in an easy to read chart. The Take Home Action Plan chart includes a status column for participants to record progress toward completing each action. Participants can then use the input in the status column to help formulate their post-session follow-ups.

Post-Session Follow-Up

The post-session follow-up section lists the items to be completed and reviewed with the facilitator before attending your next session. All post-session follow-ups include a Take Home Action Plan, while only some sessions include related assignments.

SESSION SNAPSHOT GUIDANCE

Participants should use the Session Snapshots as preview and review of session material to enhance the learning process. Below are some general guidelines for using the snapshots.

- Before each session:
 - Read the objective section to familiarize yourself with the material
 - Print the appropriate in-class handouts and bring the required materials with you to each session
 - Review the appropriate additional resources and use your discretion when printing the optional materials
- After each session:
 - Complete the Take Home Action Plan and record your progress
 - Complete the related assignments (when applicable)
 - Follow-up with the facilitator on the Take Home Action Plan and related assignments (when applicable) before attending your next session
 - Consult the Post-Session Follow-up Guidance for more details



STEPS TO SUCCESS

OBJECTIVE

- > Self-paced online session to be completed prior to attending an in-person group session
- > Learn about the ShipShape Program and how it can help you make permanent lifestyle changes
- Assess your readiness to change
- > Discuss the benefits and challenges of weight loss
- Set realistic weight loss goals
- Identify methods of tracking your behavior

In-Class Handouts

- Weight Loss Readiness Test II
- Set Your Weight Loss Goals
- Credible Resource List
- Weekly Food and Activity Diary

Additional Resources

PFA Risk Assessment

TAKE HOME ACTION PLAN



NUTRITION

- Research, choose, and complete tracker of your choice
- Assess fridge and cabinets/pantry and restock with healthier foods, including fruits, vegetables, lean meats, whole grains, and low-fat or fat-free dairy



PHYSICAL ACTIVITY

- Establish a baseline for your workout plan
- Take into consideration frequency, intensity, time, and type
- Recommend a minimum of 150 minutes of moderate intensity
- Evaluate your workout for balance to ensure it includes elements of cardio, strength training, and flexibility



MINDSET

What one step can you take that will make an impact on reaching your weight loss goals?

Post-Session Follow-Up

- > Take Home Action Plan
- Weight Loss Readiness Test II
- Set Your Weight Loss Goals

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FUELING YOUR BODY AND BRAIN

OBJECTIVE

- One of the six in-person group sessions that may be attended in any order based on availability of offerings and your ability to attend
- > Learn to fuel for weight loss while optimizing your performance and improving your health
- > Determine proper portion sizes
- Identify the food groups
- Minimize empty calories
- Improve awareness of your food choices

In-Class Handouts

- Enjoy Your Food but Eat Less
- Size Up Your Serving
- Nutri-Facts: Nutrient Overview
- Nutri-Facts: Vitamins and Minerals
- ChooseMyPlate Overview

Additional Resources

- Menu Plans
- Hand Guide to Portion Control

TAKE H	IOME ACTION PLAN	STATUS
*	 NUTRITION Use the SuperTracker or other tool to start planning your meals and snacks Look for healthy recipes to start working into your meal plan 	
(-) ·	 PHYSICAL ACTIVITY 200-250 minutes of exercise a week distributed over four to six days If workout not balanced, add 10 minutes of cardio, strength training or flexibility, as needed 	
	 MINDSET Have you made healthy lifestyle changes that may impact, not only your weight loss, but your longevity and quality of life? 	

Post-Session Follow-Up

> Take Home Action Plan



WEIGHT LOSS TRACKING AND TRENDS

OBJECTIVE

- One of the six in-person group sessions that may be attended in any order based on availability of offerings and your ability to attend
- Learn to use a weight loss tracker to monitor food intake and physical activity
- Address popular diets
- Discuss performance foods and energy drinks
- > Examine dietary supplements
- Understand the importance of proper hydration

In-Class Handouts

- 10 Tips to Use the SuperTracker Your Way
- Weigh the Facts
- Hydrate to be Healthy
- Dietary Supplements: Red Flags
- Dietary Supplements: Check the Label First
- How Healthy are Dietary Supplements?
- How Safe are Dietary Supplements?
- > Food First. Supplement Second.

Additional Resources

Nutri-Facts: Supplements

TAKE HOME ACTION PLAN

NUTRITION

- Use SuperTracker to track your food intake and physical activity
- Think about a time when you may have taken a dietary supplement for a nutrient and research foods that can provide the same nutrient
- For example, vitamin C is found in citrus fruits
- Visit USDA Nutrient Database



PHYSICAL ACTIVITY

- 200-250 minutes of exercise a week distributed over four to six days
- Ensure your physical activity program is balanced (cardio, strength, or flexibility)



MINDSET

What are your sources of motivation to adopt a healthier lifestyle?

Post-Session Follow-Up

> Take Home Action Plan

STATUS



POWER UP! PHYSICAL ACTIVITY

OBJECTIVE

- One of the six in-person group sessions that may be attended in any order based on availability of offerings and your ability to attend
- Learn how to implement effective exercise to promote weight loss
- > Examine guidelines for body fat loss
- Review components of a credible exercise program
- Discuss exercise frequency, intensity, time, and type
- Identify common exercise equipment

In-Class Handouts

- FitFacts: Diet vs. Exercise
- Exercise Programs for Active, Healthy Living
- FitFacts: Weight Loss Plateaus & Pitfalls
- Get Active to be Healthy
- > Taking Action with Physical Activity

Additional Resources

> MWR Fitness Demo

STATUS

NOFFS Surface Ship Series, Level II

TAKE HOME ACTION PLAN

NUTRITION

 Identify successes in body composition (decreased weight and/or body fat)



PHYSICAL ACTIVITY

- Evaluate your fitness plan. Is it working for you?
- Keep in mind the key components for a well-rounded program
- Ensure you are assessing the safety of the program



MINDSFT

- Have you, or could you, make working out or increasing your physical activity a priority in your life?
- How have you, or could you, reevaluate your daily schedule to incorporate physical activity?

Post-Session Follow-Up

- > Take Home Action Plan
- > Taking Action with Physical Fitness



PSYCHOLOGY OF WEIGHT MANAGEMENT

OBJECTIVE

- One of the six in-person group sessions that may be attended in any order based on availability of offerings and your ability to attend
- Learn specific techniques that can be used to overcome barriers to weight loss
- > Identify methods for keeping a positive mindset and avoiding negative thoughts
- Examine personal triggers and cravings
- > Create new habits that support a healthy lifestyle

In-Class Handouts

- > Eating with Food in Mind
- Tips for Coping with Food Cravings
- Psychology of Weight Loss Worksheet
- Busting Myths about Eating and Exercise
- Just the Facts: Life Stress
- Tracker to Identify Your Food Triggers

Additional Resources

Hunger Scale

TAKE HOME ACTION PLAN NUTRITION Find a healthy alternative to one of your 'craved' foods PHYSICAL ACTIVITY Identify a quick and easy physical activity that you can dovice eating when you know you are not really hungry (e.g., go for a walk or do some air squats) MINDSET Identify some of your negative behaviors and steps you can take to modify them into healthier habits

Post-Session Follow-Up

- > Take Home Action Plan
- Psychology of Weight Loss
- Tracker to Identify Your Food Triggers



CREATING SUPPORTIVE ENVIRONMENTS

OBJECTIVE

- One of the six in-person group sessions that may be attended in any order based on availability of offerings and your ability to attend
- > Explore the environments that impact your food and activity choices
- > Identify specific strategies to build support for your healthy lifestyle choices
- > Discuss ways to set yourself up for success by planning ahead
- Learn how to maximize the supportive people in your life and minimize the nonsupportive people

In-Class Handouts

- Mastering Healthy and Flavorful Cooking
- Go for Green® Guide
- Rethink Your Drink

Additional Resources

STATUS

- Maneuvering Through Your Grocery Store
- Grocery Store Treasure Hunt
- Grocery Store Treasure Hunt Answers

TAKE HOME ACTION PLAN



NUTRITION

- > Try using some of the shopping strategies discussed today
- Plan ahead, shop specifically for what you need, and start with the perimeter of the store

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PHYSICAL ACTIVITY

- Consider changes you might want to make to your physical activity environment
- Try a new activity that may work better in your current environment, such as kick-boxing, yoga, or circuit training



MINDSET

What have you done, or should you continue to do, in order to modify your environments to support healthy behaviors?

Post-Session Follow-Up

> Take Home Action Plan



STRESS MANAGEMENT AND RELAXATION

OBJECTIVE

- One of the six in-person group sessions that may be attended in any order based on availability of offerings and your ability to attend
- Learn how stress and lack of sleep impact your weight
- Discuss the body's response to stress
- Explore stress management strategies
- Examine relaxation techniques
- > Recognize patterns of stress and stress response in your life
- Identify ways of being proactive instead of reactive in response to stress

In-Class Handouts

- Diaphragmatic Breathing
- Just the Facts: Life Stress
- Indicators of Overstress
- Food and Your Mood
- > Tips for Better Sleep
- Stress Navigation Plan for Weight Loss

Additional Resources

Success Over Stress

STATUS

TAKE HOME ACTION PLAN

34

NUTRITION

 Track successful coping strategies you practice in place of eating or drinking

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PHYSICAL ACTIVITY

 Add an exercise or activity for balance or flexibility, such as yoga or a mediation class



MINDSET

Practice a relaxation technique at least twice a week

Post-Session Follow-Up

> Take Home Action Plan



PREPARING FOR THE FUTURE

OBJECTIVE

- > Self-paced online session to be completed after attending all six in-person group sessions
- Review skills to maintain weight loss goals and behavior change for six months and beyond
- Reaffirm commitment to living a healthier lifestyle
- Re-evaluate your SMART goals and adjust as needed

In-Class Handouts

STATUS

Preparing for the Future

TAKE HOME ACTION PLAN

NUTRITION

- Continue tracking and choosing healthy food options
- > Be mindful of your cravings and triggers and stick with your plan for addressing them

PHYSICAL ACTIVITY

- Continue with your new physical activity routine for at least 250 minutes of activity each week spread across four to six days
- Don't forget to keep your workouts fresh by trying new types of exercise



What have you learned by attending the ShipShape Program that will help you stay on the path to a healthy weight?

Post-Session Follow-Up

- > Take Home Action Plan
- Preparing for the Future



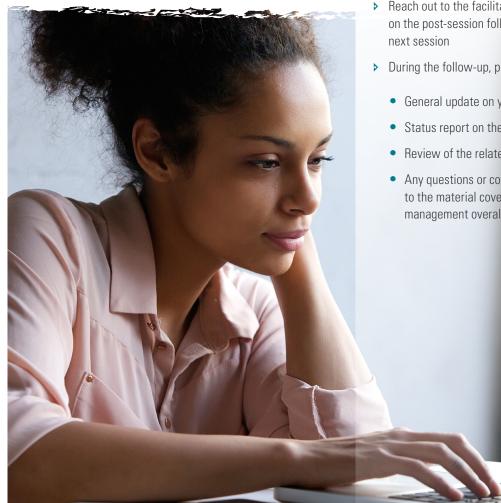
SESSION FOLLOW-UP OVERVIEW

Post-session follow-up is self-guided, which means that participants are responsible for proactively reaching out to the facilitator (via phone or email). To receive timely feedback and promptly address any questions or concerns, post-session follow-ups should take place before participants attend their next ShipShape Program session. All post-session follow-ups include a Take Home Action Plan, while some sessions also include related assignments.

SESSION FOLLOW-UP GUIDANCE

A complete list of post-session follow-up items is included in each Session Snapshot. Below are instructions to help guide your post-session follow-up.

- > Consult the appropriate Session Snapshot following each ShipShape Program session
- Identify the post-session follow-up items
 - Take Home Action Plan (all sessions)
 - Related assignments (some sessions)
- Complete the post-session follow-up items in a timely manner
- Reach out to the facilitator (via phone or email) to follow-up on the post-session follow-up items before you attend your
- During the follow-up, provide the facilitator with:
 - General update on your weight management goals
 - Status report on the Taken Home Action Plan
 - Review of the related assignments (when applicable)
 - Any questions or concerns you might have related to the material covered in that session or weight management overall





POST-PROGRAM FOLLOW-UP OVERVIEW

Once participants complete all eight sessions, they enter the post-program follow-up phase which is self-guided. It is designed to help participants stay on track with their weight loss goals throughout the six months following program completion and beyond. Seven themes that were discussed during the ShipShape Program are highlighted during the post-program follow-up phase.

Stages and corresponding themes include:

> One/Two Weeks: Environments for Success

One Month: Prescription for Success

> Two Months: Calculating Success

> Three Months: Barriers to Success

Four Months: Tracking Success

Five Months: Managing Stress Successfully

> Six Months: Tools for Success

POST-PROGRAM FOLLOW-UP GUIDANCE

To be successful in the post-program follow-up phase, participants need to take what they learned from the ShipShape Program and put it into practice. There are seven one-page documents to guide you through the follow-up phase. Each follow-up document features a different theme. The themes coincide with thoughts or experiences that you might have during various stages of the post-program follow-up period. The seven themes are not meant to limit interaction between you and the facilitator but are intended to help initiate the conversations. Below are instructions to help guide your post-program follow-up.

- Consult the appropriate post-program follow-up document
- > Review the key messages
- Complete the nutrition, physical activity, and mindset activities which are similar to the Take Home Action Plans
- Check the reference section then review the ShipShape
 Program curriculum to refresh on a particular topic
- ▶ Reach out to the facilitator (via phone or email) during each of the post-program follow-up stages to:
 - Provide an update on your progress
 - Ask any weight management related questions
 - Seek the facilitator's guidance when needed
- Report your final weight (required) during the six month postprogram follow-up



ONE/TWO WEEKS

Environments for Success

You're in charge of your weight loss. That means you need to set yourself up for success. Start by putting yourself in situations that support your eating and exercise goals. Surround yourself with encouraging people. Get rid of the negative influences in your life, so you don't resort back to old habits. Here are a few reminders:

KEY MESSAGES

- Have a plan for grocery shopping, meal preparation, and eating out so you stay on track.
 - Make a grocery list and stick to it to minimize impulse purchases
 - Remember to shop the perimeter of the grocery store to find fresh, unprocessed foods
 - Choose meals and cooking methods based on the amount of time you have
 - Skip the appetizer, order salad dressing on the side, and avoid heavy sauces, creams, and fried foods when dining out
 - Choose calorie free beverages, preferably water
- Do a physical activity that you like. You're more likely to stick to a workout routine that leaves you feeling good.
 - Aim for 60 minutes of exercise four to six days a week
- Maximize the number of supportive people in your life and minimize the number of unsupportive ones.
 - Support can come from anyone: family, friends, or co-workers

ACTIVITIES



NUTRITION

Each week, make a grocery list. Are the majority (80%) of the items on your list located on the perimeter of the store?

PERIMETER	INTERIOR

4-1

PHYSICAL ACTIVITY

What's your favorite activity and how can you incorporate it into your workout routine?	
	_

A	
47	

MINDSET

ShipShape Program Reference:

Creating Supportive Environments and Preparing for the Future



ONE MONTH

Prescription for Success

You made it to the one month mark. Good work! Keep a positive attitude and stay focused on your goals. You already know the best practices for losing weight and keeping it off: weigh yourself weekly, follow the nutrition rules, and get plenty of exercise. Stick with them. Here are a few reminders:

KEY MESSAGES

- Weigh yourself to measure your progress.
 - Be consistent, but don't be consumed with the scale. The number you see should not make or break your day, but merely keep you mindful of your progress.
 - Weigh yourself once a week, not daily
 - Weigh yourself in the morning and use the same scale
- Forget about "dieting." Living a healthy lifestyle is about following these nutrition rules:
 - Come back to earth
 - Eat a rainbow often
 - The less legs the better
 - Eat healthy fats
 - Eat breakfast every day
 - Three for three
 - Stay hydrated
 - Don't waste your workout
 - Supplement wisely
 - Sleep
- Get 250 minutes or more of moderate intensity exercise every week.
 - Aerobic activity + strength training = weight loss and maintenance
 - Balance + flexibility = range of motion and injury prevention
 - Include a combination of activities to get the most out of your routine

ACTIVITIES



NUTRITION

At dinner tonight, compare the size of your palm and your serving of protein. Are they the same?



4-)·

PHYSICAL ACTIVITY

Take advantage of walking extra steps this week by parking further away from your office or worksite than you usually do.

MINDSET

Take five minutes healthy lifestyle.	to reflect on the benefits of living a

ShipShape Program Reference:

Steps to Success, Fueling Your Body and Brain, Power Up! Physical Activity, and Preparing for the Future



TWO MONTHS

Calculating Success

Food is fuel for the body. Most people know that. But in the ShipShape Program, you learned the specific types and amounts of food needed to fuel your body right. To get the biggest bang for your buck, continue to choose nutrient-dense foods. To get the right balance of nutrients, continue to calculate your nutritional needs. Here are a few reminders:

KEY MESSAGES

- Calculate your calorie needs.
 - Multiply your goal weight by 10 to find your estimated calorie needs
 - Or use this online tool: http://www.calculator.net/ calorie-calculator.html
- > Balance these nutrients to meet your body's needs
- **Carbohydrates:** Deliver energy to your brain and muscles.
 - Aim for 45-65% of daily calories
- Protein: Repairs tissue, preserves muscle, and strengthens your immune system
 - Aim for 10-35% of daily calories
 - Get 0.36g of protein per pound of body weight (sedentary)
 - Get 0.54g of protein per pound of body weight (light/ moderate activity)
- > Fat: Provides energy and curbs hunger
 - Aim for 20-35% of daily calories
- > Fiber: Aids digestion and makes you feel full
 - Aim for 25g of fiber per day for women
 - Aim for 38g of fiber per day for men
- > Fluid: Maintains hydration and replaces your body fluids
 - Divide your weight in pounds by two to get ounces of fluids per day
 - Then, divide ounces of fluids by eight to get cups of fluids per day
 - Remember: you may need more fluids if you are in an environment with extreme temperatures and/or exercising or engaging in physical labor

ACTIVITIES



NUTRITION

Calculate your fluid needs. Are you drinking enough fluids every day?



4-1

PHYSICAL ACTIVITY

The harder you exercise the more protein you need. Have an eight ounce glass of fat-free milk after a tough work out. This provides fluid, protein, and carbohydrate.



C.

MINDSET

Before you grab a snack, stop and think about how it will make you feel. Choosing high fiber snacks, like whole grain crackers, will make you feel full longer.

ShipShape Program Reference:

Steps to Success, Fueling Your Body and Brain, and Weight Loss Tracking and Trends



THREE MONTHS

Barriers to Success

You've come a long way. You're half way through the post-program follow-up phase. With this progress report, you should see your hard work paying off. Keep it up! You may also experience some setbacks. That's to be expected. Don't let those obstacles stand in your way. You know what they are, and you know how to get around them. Here are a few reminders:

KEY MESSAGES

- Ever get a serious urge for something salty or sweet just because you're happy, sad, or even bored? Then you know something about cravings and triggers. Here's how to beat them:
 - Four A's: Avoid, alter, adapt, and accept
 - Four Ds: Distract, delay, discuss, and drink water
- Ever think "I don't care if I'm overweight" or "I can't lose weight?" Negative self-talk is harmful. Here's how to beat it:
 - Tell yourself "I deserve to be healthy" or "I can lose weight"
 - Switch things around and reframe your thoughts

NUTRITION What healthy for

ACTIVITIES

What healthy food can you have as an alternative
to something you crave? Make sure to have a
supply on hand.



PHYSICAL ACTIVITY

Name an activity such as sit-ups or jumping jacks that you can do to distract yourself from triggers and do it when you feel a craving coming on.



MINDSET

Write down something positive about yourself and read it the next time you use negative self-talk.

ShipShape Program Reference:

Psychology of Weight Management and Preparing for the Future



FOUR MONTHS

Tracking Success

You've been weighing yourself weekly for months now and it's given you a clear measure of your progress. But are you still tracking your food intake and physical activity? What about your mindset? Now is not the time to ease up. Stay engaged. Use the trackers to help you figure out what changes need to be made to lose or maintain your weight. Here are a few reminders:

KEY MESSAGES

- > Use one of these weekly food and physical activity trackers:
 - Weekly Food & Activity Diary
 - SuperTracker
 - Mobile app
- Keep track of your mood as you make adjustments to your eating or exercise routine.
 - Keep a diary
 - T2 Mood Tracker mobile app



ACTIVITIES

NUTRITIONHow many calories did you consu

How many calories did you consume yesterday, and how does that number compare to your daily goal? If needed, what adjustments can you make?

CALORIES CONSUMED	GOAL
ADJUSTMENTS	



PHYSICAL ACTIVITY

How many minutes of exercise did you get last week? If you didn't get 250 minutes or more, what are some ways you can add more activity into your routine?

MINUTES OF EXERCISE	GOAL
ADJUSTMENTS	



MINDSET

What motivates you to keep on track with your weight loss? Make a list and refer to it at least once a day.

ShipShape Program Reference:

Steps to Success and Weight Loss Tracking and Trends



FIVE MONTHS

Managing Stress Successfully

Change can be stressful. You know all about change. You completed the ShipShape Program. You learned new ways of eating, exercising, and thinking. And you put those skills to work in your everyday life. Soon, you will experience another change when the post-program follow-up phase of the ShipShape Program comes to an end. It's OK to feel anxious. But remember, you know how to manage stress. You've been doing it successfully since you started making lifestyle changes. Here are a few reminders:

KEY MESSAGES

- Eat healthy
 - Eat at regular times and don't skip meals
 - Limit caffeine and alcohol
 - Drink more water
- Keep moving
 - Burn calories to lose weight and improve sleep
- Relax
 - Deep breathing or relaxation
 - Guided imagery
 - Massage
 - Meditation and mindfulness
 - Progressive Muscle Relaxation (PMR)
 - Yoga
- Get enough sleep
 - Seven to eight hours a night

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ACTIVITIES

NUTRITION

Get seven to eight hours of sleep a night for an entire week. How does being fully rested impact your food choices?



PHYSICAL ACTIVITY

When you are watching TV tonight, skip the mindless eating during the commercials and do a set of pushups or jog in place instead.



MINDSET

lps you quiet your mind or at the next time you feel a	,

ShipShape Program Reference:

Stress Management and Relaxation



SIX MONTHS

Tools for Success

You did it again! You reached another milestone. Six months ago you finished the ShipShape Program. Today, you realize just how far you've come. Whether you've reached your weight loss goal, or you still have some to go, you've accomplished a lot. You made major lifestyle changes. You identified barriers and found ways around them. You have what it takes to succeed. Here are a few reminders:

KEY MESSAGES

- Continue to set SMART goals
 - Specific
 - Measureable
 - Action-oriented
 - Realistic
 - Time-oriented
- Stay motivated
 - Focus on the positive, forget the negative
- Use what you've learn
 - Knowledge and resources are power

ACTIVITIES



NUTRITION

your noods:
your needs?
time to look over your nutrition goals. Are you meeting
It's always good to re-examine your goals. Take the

4-1

PHYSICAL ACTIVITY

What gets you up and moving when you don't feel
like working out? Find something that represents you
motivation, a picture or a song, and refer back to it
often to maintain your focus.

4	To the second

MINDSET

Think about the steps that you need to take to let go or
a negative person or thought that is holding you back.



REQUIRED WEIGH-IN

Report your final weight to your ShipShape Program Facilitator.

ShipShape Program Reference:

Steps to Success, Psychology of Weight Management, and Preparing for the Future





SUCCESS IS YOUR REALITY

This is not the end of the ShipShape Program. It's the beginning of your new life. The lifestyle changes that you made over the last few months have made your current weight loss a reality. Stick with it! Use the resources and tools you learned about in the ShipShape Program every day. Continue to track your food intake, physical activity, and mindset to keep you focused and engaged in your new lifestyle. Re-examine your goals often and adjust them to meet your changing needs. Remember, setbacks are to be expected. They are temporary and manageable, as long as you are committed to achieving and maintaining a healthy weight for life.

"Your goals, minus your doubts, equal your reality."

Ralph Marston



NOTES



Appendix A:

HANDOUTS FOR FUELING YOUR BRAIN AND BODY

tips
Nutrition
Education Series

enjoy your food, but eat less



10 tips to enjoying your meal

You can enjoy your meals while making small adjustments to the amounts of food on your plate. Healthy meals start with more vegetables and fruits and smaller portions of protein and grains. And don't forget dairy—include fat-free or low-fat dairy products on your plate, or drink milk with your meal.

get to know the foods you eat
Use the SuperTracker to find out what kinds of foods
and how much to eat and to get tips and support for
making better food choices.

take your time
Be mindful to eat slowly, enjoy the taste and textures, and pay attention to how you feel. Use hunger and fullness cues to recognize when to eat and when you've had enough.

Use a smaller plate
Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

if you eat out, choose healthier options
Check and compare nutrition information about
the foods you are eating. Preparing food at home
makes it easier to control what is in your meals.

satisfy your sweet tooth in a healthy way Indulge in a naturally sweet dessert dish—fruit!
Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

choose to eat some foods
more or less often
Choose more vegetables, fruits, whole grains, and
fat-free or 1% milk and dairy products. Cut back on foods high
in solid fats, added sugars, and salt.

find out what you need

Get your personalized plan by using the SuperTracker to identify your food group targets. Compare the foods you eat to the foods you need to eat.

Sip smarter
Drink water or other calorie-free beverages, 100% juice, or fat-free milk when you are thirsty. Soda and other sweet drinks contain a lot of sugar and are high in calories.

Compare foods
Check out the Food-A-Pedia to look up and compare nutrition information for more than 8,000 foods.

make treats "treats,"
not everyday foods
Treats are great once in a while. Just don't make treat foods an everyday choice. Limit sweet treats to special occasions.



FAT FREE



SIZE UP YOUR SERVINGS

NOT QUITE SURE HOW MUCH YOU'RE EATING?

Estimate your healthy serving portions without using a scale or measuring cup! (size not to scale)



3 ounces of meat

is about the size of a deck of cards





is about the size of a tennis ball





l serving of cheese

is about the size of 6 dice





1 serving of butter

is about the size of a postage stamp











is about the size of a baseball





2 tbsp of peanut butter

is about the size of a ping pong ball





is about the size of a tennis ball





Daily Recommended Food Plan*



dairy



protein



1½ cups of vegetables



2 cups of fruit



6 ounces of grains and make ½ whole grains

*based on 2000 calorie diet

References

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NUTRI-FACTS: VITAMINS AND MINERALS

Vitamins and minerals are nutrients that your body needs to stay healthy and perform at its peak.1 Vitamins are organic substances that are made by plants or animals.1 Whereas, minerals are inorganic substances found in soil and water that are absorbed by plants or eaten by animals.1 Each nutrient has its own job, such as building muscle, fighting infection, or getting energy from food.2 Together, vitamins and minerals are known as micronutrients because you only need small amounts to help your body function properly.1 If you eat a balanced diet of nutrient-dense foods, you should get all the vitamins and minerals that your body needs.^{1,2} However, in some cases dietary supplements may be necessary; and it is recommended that you consult your health care provider first if you think you need supplements.2

Vitamins

There are two types of vitamins – fat soluble and water soluble. Fat soluble vitamins dissolve in fat and can be stored in the body.³ Because your body retains fat soluble vitamins, excess intake can lead to health problems.³ Water soluble vitamins dissolve in water and are not stored in the body.³ Because your body excretes water soluble vitamins, you need to replace these vitamins regularly.³ Regardless of the type, it is advised that you consume the Recommended Daily Allowances (RDA) or Adequate Intakes (AI) in milligrams (mg), micrograms (mcg), or international units (IU) for each vitamin.³

Fat Soluble Vitamins⁴

Vitamin	Health Benefit	Source	RDA/AI (mg/mcg/IU)
Vitamin A	Supports immune and reproductive systems, and maintains bone, skin, and eye health	Sweet potatoes, spinach, carrots, and fortified cereal	900 mcg/men; 700 mcg/ women
Vitamin D	Absorbs calcium to build strong bones	Sunlight, fatty fish, eggs, and fortified milk, juice, and cereal	600 IU
Vitamin E	Protects against cell damage	Sunflower seeds, almonds, vegetable oil, and fortified cereal	15 mg
Vitamin K	Helps with blood clotting and builds strong bones	Spinach, collards, kale, broccoli, and cabbage	120 mcg/men; 90 mcg/women

Water Soluble Vitamins⁴

Vitamin	Health Benefit	Source	RDA/AI (mg/mcg/IU)
Vitamin C	Prevents cell damage, promotes iron absorption, promotes healthy skin, and boosts immune system	Oranges, kiwi, strawberries, broccoli, tomatoes, and red and green peppers	90 mg/men; 75 mg/women
Thiamin (B1)	Helps convert food into energy	Whole grain and fortified bread and cereal products	1.2 mg/men; 1.1 mg/women
Riboflavin (B2)	Helps convert food into energy and make red blood cells	Milk, bread, and fortified cereal	1.3 mg/men; 1.1 mg/women
Niacin (B3)	Aids digestion and reduces cholesterol	Meat, fish, poultry, whole grains, and fortified cereal	16 mg/men; 14 mg/women
Pantothenic Acid (B5)	Helps convert food into energy	Beef, poultry, potatoes, oats, and tomatoes	5 mg
Pyridoxine (B6)	Supports the immune system	Fortified cereal and soy products, potatoes, and chickpeas	1.3 mg
Biotin (B7)	Promotes cell growth and maintains healthy hair and nails	Fruit, meat, and liver	30 mcg
Cobalamin (B12)	Produces red blood cells and keeps the nervous system working properly	Clams, oysters, fish, meat, poultry, dairy, and fortified cereal	2.4 mcg
Folic Acid	Prevents birth defects and supports heart health	Broccoli, spinach, collard, whole grains, and fortified cereal	400 mcg





Minerals

Minerals are categorized based on the amount your body needs to function properly. Both types of minerals are equally important to overall health; however, major minerals are needed in larger amounts than trace minerals.⁵ It is advised that you consume the RDA or AI for each mineral, as they have different health benefits.⁵

Tips for Getting More Vitamins and Minerals

The best way to get all the vitamins and minerals that your body needs is to eat a balanced diet of nutrient-dense foods every day. Select 100% whole grains, lean proteins, fruits, vegetables, and fat-free or low-fat dairy products. These power-packed foods contain the most vitamins and minerals, which provide you with quality energy for the least amount of calories. Be sure to limit processed and prepared foods, such as prepackaged and convenience foods. They often contain high amounts of calories, sodium, added sugars, and fat. You can also check out HPW Healthy Eating and follow these tips:

- Make half your plate fruits and vegetables
- Make at least half your grains 100% whole grains
- > Switch to fat-free or low-fat milk
- > Choose foods with less sodium
- Avoid oversized portions
- > Drink water instead of soda or sugary drinks
- Check out <u>HPW Healthy Eating</u> for more nutrition tips

Supplements

Nutrient deficiencies are rare in the United States.⁶ Most individuals are able to meet their vitamin and mineral needs by eating a variety of healthy foods.⁶ However, some individuals may require supplemental nutrients.⁶ For example, those who are wounded, ill, or injured (WII) may need additional zinc and vitamins A

and C for healing.⁶ Proper nutrition is a powerful weapon in fighting illness and recovering from psychological, emotional, and physical wounds. Check out the WII Toolbox on Nutrition for more information. Likewise, vegetarians and vegans may need to take a vitamin B12 supplement to compensate for the lack of animal products in their diet.⁶ For more information check out Food First, Supplement Second and be sure to consult your health care provider before taking a supplement.

Major Minerals⁴

	DDA/AL			
Mineral	Health Benefit	Source	RDA/AI (mg/mcg/IU)	
Calcium	Strengthens bones, and aids muscle contraction	Milk, yogurt, cheese, kale, and fortified dairy alternatives (soy milk)	1000 mg	
Phosphorous	Activates hormones and builds strong bones	Milk, beef, seafood, eggs, and lentils	700 mg	
Potassium	Aids nerve function and controls blood pressure	Potatoes, bananas, yogurt, tuna, and soy	4700 mg	
Magnesium	Builds strong bones and aids muscle and nerve function	Oat bran, brown rice, and almonds	400-420 mg/ men; 310-320 mg/women	
Sodium	Controls muscle contraction, fluid balance, and blood pressure	Table salt and canned and processed foods	1500 mg	
Sulfur	Maintains healthy hair, skin, and nails	Meat, fish, eggs, poultry, garlic, and milk	n/a	
Chloride	Aids digestion and maintains fluid balance	Table salt, seaweed, rye, and tomatoes	2300 mg	

Trace Minerals⁴

	II II D C		RDA/AI
Mineral	Health Benefit	Source	(mg/mcg/IU)
Iron	Produces red blood cells and helps transport oxygen throughout the body	Beef, eggs, beans, and fortified cereal	8 mg/men; 18 mg/women
Copper	Helps absorb iron and aids nerve function	Liver, nuts, seafood, and whole grains	900 mcg
lodine	Required by the thyroid to produce thyroid hormones	lodized salt, dairy, and seaweed	150 mcg
Manganese	Builds strong bones	Nuts, beans, tea, and whole grains	2.3 mg/men; 1.8 mg/women
Zinc	Supports immune, nervous, and reproductive systems	Meat, seafood, and fortified cereal	11 mg/men; 8 mg/women
Fluoride	Prevents tooth cavities	Fluoridated water and some fish	4 mg/men; 3 mg/women
Chromium	Component in managing blood sugar levels	Broccoli, potatoes, meat, fish, and poultry	35 mcg/men; 25 mcg/women
Selenium	Protects cells from damage	Organ meats, seafood, dairy, and Brazil nuts	55 mcg
Molybdenum	Needed to make some enzymes	Green, kidney, and navy beans; peas; and nuts	45 mcg

To view the references for the Nutri-Facts series, visit: http://www.med.navy.mil/sites/nmcphc/health-promotion/ pages/nutri-facts references.aspx.





ChooseMyPlate Overview



FOOD GROUP	EXAMPLES	WHAT COUNTS AS A SERVING?	NUTRIENTS PROVIDED	ADDITIONAL COMMENTS
Fruits	Any fruit or 100% fruit juice; may be fresh, canned, frozen, dried	1 cup equivalent= 1 cup fruit or 8 oz. 100% fruit juice or ½ cup dried	Dietary fiberPotassiumVitamin CFolate (folic acid)	
Vegetables	Any vegetable or 100% vegetable juice; may be raw or cooked, fresh, frozen, canned or dried	1 cup equivalent=1 cup raw or cooked vegetable or 8 oz. 100% fruit juice or 2 cups leafy greens	 Dietary fiber Potassium Vitamin A Vitamin C Folate (folic acid) 	Organized into 5 subgroups based upon nutritional content: • Dark green • Starchy • Red • Orange • Beans, peas and other vegetables
Grains	Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain	1 ounce, in general, is 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup cooked rice, cooked pasta or cooked cereal	 Dietary fiber B vitamins (thiamin, riboflavin, niacin, and folate) Minerals (iron, magnesium, and selenium) 	Divided into 2 subgroups: • Whole grains • Refined grains
Protein	All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts and seeds	1 ounce equivalent= 1 oz. meat, poultry or fish, 1/4 cup cooked beans, I egg, 1 tablespoon peanut butter, or ½ oz. nuts or seeds poultry	 Protein B vitamins (niacin, thiamin, riboflavin, and B6) Vitamin E Iron Zinc Magnesium 	
Dairy	All fluid milk and milk products that retain their calcium content	1 cup milk, yogurt, or soymilk, 1 ½ oz. of natural cheese or 2 oz. processed cheese	Calcium Potassium Vitamin D	Should be: • Fat-free • Low-fat
Other: Oils	Any fats that are liquid at room temperature	1 teaspoon	 Mono- and polyunsaturated fats (contain essential fatty acids) Vitamin E 	While not considered one of the food groups, healthy oils are essential to a healthy diet in limited amounts

ChooseMyPlate Overview 1



Appendix B:

HANDOUTS FOR WEIGHT LOSS TRACKING AND TRENDS

tips
Nutrition
Education Series

use **SuperTracker** your way



10 tips to get started

SuperTracker is an online tool where you can get a personalized nutrition and activity plan. Track what you eat and your activities to see how they stack up, and get tips and support to help you make healthy choices.

create a profile

Enter information about yourself on the Create Profile page to get a personal calorie limit and food plan; register to save your data and access it any time.

Check out Food-A-Pedia to look up nutrition info for over 8,000 foods and compare foods side by side.

ok foods

get your plan
View My Plan to see your daily food group targets—
what and how much to eat within your calorie
allowance.

track your foods and activities
Use Food Tracker and Physical Activity Tracker
to search from a database of over 8,000 foods and
nearly 800 physical activities to see
how your daily choices stack up
against your plan; save favorites
and copy for easy entry.

build a combo

Try My Combo to link and save foods that you typically eat together, so you can add them to meals with one click.

run a report
Go to My Reports to measure
progress; choose from six reports
that range from a simple meal summary
to an indepth analysis of food group
and nutrient intakes over time.



Set a goal

Explore My Top 5 Goals to choose up to five personal goals that you want to achieve.

Sign up for My Coach Center to get tips and support as you work toward your goals.

track your weight
Visit My Weight Manager to enter your weight and track progress over time; compare your weight history to trends in your calorie intake and physical activity.

record a journal entry
Use My Journal to record daily events; identify
triggers that may be associated with changes in your
health behaviors and weight.

refer a friend!
Tell your friends and family about SuperTracker; help them get started today.









WEIGH THE FACTS

How to choose the best STRATEGIES for healthy weight loss

Advertising, myths, and illusions of ease often seduce us into believing the latest promises for easy weight loss. The reality is that weight loss can be challenging, and understanding which diets are healthy and effective can be almost as difficult. As you prepare for weight loss, whether it is your own approach or a commercial plan, it's important to understand the science and strategies behind various methods.

To help you lose weight safely and effectively, consider the following components:

COMPONENTS FOR HEALTHY WEIGHT LOSS		
Components	Choose weight loss strategies that:	Why?
Nutrition	Promote eating from all food groups, emphasizing nutrient dense foods such as fruits, vegetables, and whole grains	 Eating a variety of foods provides needed nutrients and fiber Eating from all food groups is a more realistic eating pattern to sustain in the long-term
Steady Weight Loss	Promote loss of one to two pounds per week through calorie reduction while maintaining high nutrition standards	 Severe calorie restriction can produce rapid weight loss at the risk of diminishing health; consequences may include loss of muscle, nausea, fatigue, and gallstones
		 Severe calorie restriction commonly leads to rapidly gaining the weight back which can lead to a cycle of yo-yo dieting
Evidence of sustained weight loss success	Offer evidence of maintaining weight loss after initial loss	Many programs result in short term weight loss but the real success is maintaining it
Level of complexity	Match the level of complexity to the time, energy and resources that are realistic for you	Optimally, your chosen weight loss strategy or diet is one that you are willing to maintain for long term success
Activity and exercise	Promote increasing activity level or exercise	Successful weight loss and maintenance are most likely to occur when a healthy diet is combined with exercise

Commercial, prepackaged, and meal replacement weight loss programs that meet the criteria above can lead to success, especially if they provide support and accountability.

Notice that in healthy weight loss plans, added sugars and saturated fats are limited or not part of the plan. This may mean reducing the number of sodas and candy in your diet, as well as, avoiding fried foods. It can be helpful to make substitutions such as drinking low calorie beverages or water and adding fruits and vegetables to meals. Those two changes alone could reduce calories sufficiently to create weight loss.

Ultimately, a successful weight loss plan requires a permanent lifestyle change rather than a quick fix. For more information about weight management, healthy eating, and active living, visit the Navy and Marine Corps Public Health Center Health Promotion and Wellness Department. For assistance in nutrition or exercise planning and tracking, visit ChooseMyPlate Supertracker.









Hydrate to be Healthy

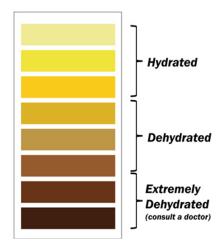
Whether you are a service member, beneficiary, or government civilian, your main source of hydration should be water. As a nutrient, water is essential to life. You can survive for weeks without food, but you can only live for days without water. It helps replenish fluid loss, regulate temperature, protect organs, keep joints moving, transport other nutrients throughout your body, and eliminate waste. You

Hydration Needs

The amount of water that your body needs is based on a variety of factors, two of which are body weight and physical activity.³ You must meet your hydration needs daily, because your body loses water through regular activities such as sweating, urinating, and breathing.³ Use the table below to identify your recommended daily hydration needs based on your body weight.¹

Body Weight	Ounces (oz) per Day
120 pounds	60-120 oz/day
150 pounds	75-150 oz/day
175 pounds	90-175 oz/day
200 pounds	100-200 oz/day
225 pounds	115-225 oz/day
250 pounds	125-250 oz/day

It is important to note that if you are thirsty, your body is already dehydrated. The best way to determine your hydration status is to evaluate your urine. Use the chart below to check the color of your urine and gauge your hydration needs. You may need to consume more fluids if your urine is approaching or in the dehydrated color ranges. Consult with a health care provider if you have concerns or are extremely dehydrated.



Hydrate to be Healthy







Hydrating for Physical Activity

If you engage in high-intensity physical activity, you may need additional water to offset your fluid loss.³ Follow these helpful hints to ensure proper hydration before, during, and after physical activity⁵:

- Drink 17-20 oz of water 2-3 hours before physical activity
- Drink 7-10 oz of water every 10-20 minutes during physical activity
- Drink 16-24 oz of water for every pound of body weight lost after physical activity

Water is the best option for replacing fluids; however, sports drinks can help replenish electrolytes such as sodium and potassium.⁵ Only opt for sports drinks before, during, or after high-intensity physical activity exceeding 45-60 minutes and follow these tips⁶:

- Select sports drinks with 110 milligrams (mg) sodium and 30 mg potassium per 8 oz
- Consider sports drinks with 200 mg sodium per 8 oz and added electrolytes if you are an
 excessively salty sweater, meaning you can see or feel salt on your skin when your
 sweat dries

Tips for Hydrating

You can get water from fruits and vegetables such as oranges and celery, but you get most of it from the fluids that you drink.^{2,3} To help meet your daily hydration needs, follow these tips¹:

- Make hydrating a priority carry a water bottle to drink on the go
- Choose water over sugar-sweetened, caffeinated, or alcoholic beverages
- Add lemon, lime, or cucumber to your water to enhance the taste

Proper hydration can improve your health, enhance your performance, and replace fluid loss following physical exertion. It is important to meet your hydration needs by drinking water throughout the day. Once you have identified your needs based on the information above, pour yourself a glass of water and start drinking!

Resources

- Health Promotion and Wellness HPW Active Living
- Get Active to be Healthy

Hydrate to be Healthy 2







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Hydrate to be Healthy 3





supplements on the market are popularity among military tainted and unsafe. If you are currently using supplement, ask yourself these red flag questions to minimize your risk of consuming or considering using a dietary harmful products.

DIETARY SUPPLEMENTS:

RED FLAGS—WHAT YOU **NEED TO KNOW**

- ☐ Is it a high-risk dietary supplement? High-risk product categories include:
- Bodybuilding products
- Weight-loss products
- Diabetes products
- Sexual enhancement products
- claims often indicate that the supplement may contain substances not on the ingredients Does the supplement's product label have statements such as the claims below? These list, prescription drug analogs, or banned substances.
- An alternative to (or claiming to have similar effects to) an FDA-approved drug—e.g., "All natural alternative to XYZ."
- "Do not take if you have any medical condition, if you are taking any prescription medications, or if you are pregnant."
- "May cause a positive result in a performance-enhancing drug test."
- structure or function (e.g., "helps promote bone health"), is its product label missing If the supplement makes a claim about a dietary ingredient affecting normal body the following statement?
- · "These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

□ Does the label:

- · Claim to cure a wide range of unrelated diseases (e.g., cancer, AIDS, in addition to diabetes)?
- · Promise "quick fixes" (e.g., cure XYZ in seven days, lose weight in nine days, shrink tumors in one week, cure impotency in two weeks, etc.)?





Colloidal Silver

Coltsfoot

Comfrey

- 5-HTP
- (5-Hydroxytryptophan)
 - Aconite
- Ephedra
- Dolomite

(1,3 dimethylamylamine)

Country Mallow

• DMAA

- European mandrake
 - Germanium
- Gamma-butyrolactone (GBL)

Aga (Aminita muscaria)

Adrenal extract

GHB (Gamma hydroxybutyrate)

American mistletoe

Alkanna

Apricot kernel

Aristolochia

Beth Root

- Gravel root
- Hawaiian baby woodrose Greater Celandine
- Heartleaf (Sida cordofolia) Hemp oil Bitter Orange (Synephrine)

Bittersweet nightshade

Bladderwrack Blue Cohosh

- (Epimedium grandiflorum) · Horny goat weed
- Indian snakeroot (Rauwolfia)
- Jaborandi
- Jimson weed

Butanediol (BD)

Blue Flag

Buttercup

- Kava
- Laminaria
- Lobelia
- Salvia (Diviner's sage) Pinellia ternata

Canadian hemp

Catnip Cesium

Calotropis

Calamus

- Usnea or Usnic acid
- · Vinca rosea (madagascar
- Wild indigo periwinkle)
 - Clubmoss

Chenopodium oil

Chaparral

Yohimbe

- Is the label missing a third-party certification label? Third-party verification programs evaluate and certify dietary supplements for purity and/or quality. Examples are:
- United States Pharmacopeia (USP)
- Informed-Choice, HFL Sport Science
- **NSF** International
- ConsumerLab.com
- Banned Substances Control Group (BSCG)
- Is the product marketed with personal testimonials about amazing results from using the product?
- Did you receive solicitations (emails) offering products in the high-risk product categories?
- (NMCD)? The NMCD rates commercial products based on safety, effectiveness, and Is the product rated 7 or lower by the Natural Medicines Comprehensive Database quality. Each product gets a rating of 1-10 with 10 being the best and 1 being the worst
- Does the product contain any of the ingredients listed to the left?

However, remember that a supplement cannot replace regular exercise, medical an unhealthy or harmful product! Be an informed consumer and choose wisely. If you answered "YES" to several of these questions, you may be consuming drugs, or a healthy diet.

For additional alerts, click on the links below.

Athlete Guide to 2014 Prohibited List

Dietary Supplements/Products Containing DMAA

DIETARY SUPPLEMENTS:

RED FLAGS—WHAT YOU NEED TO KNOW

Does the label have:

- Text in a foreign language?
- Directions or warnings that resemble FDA-approved drug products?
- Claims that it is as effective as an FDA-approved drug?
- Inadequate or absent safety warnings?
- A black-box warning?

DIETARY SUPPLEMENTS: CHECK THE LABEL FIRST

Screen your supplement for safety. Read the label on your supplement and mark 0 for "yes" and 1 for "no."

Key questions you can answer:

These seals show your product has been certified/verified for product quality. Does your label lack certification?









No = 1

Yes = 0

CHARGE NSF ALL BSCG.

Are there **more than five** ingredients on the label (other than gelatin, color additives, and dyes)? Are there any ingredients (often part of a blend, proprietary blend, or delivery system) for which **no amount** is shown?

Are the names of any ingredients hard to pronounce?

If caffeine is included, is there more than 200 mg per serving?

Does your product promise a **"quick fix**"?

Are all of the Daily Values (DVs) on the label less than 200% (except fish oil/glucosamine)?

Total: Add up the "1s." 4 or more is okay. Less than 4 is a "no-go."

If you still want to consider the supplement, get more information. If you have a .mil email address, you can use the Natural Medicines Comprehensive Database for free: http://hprc-online.org/dietary-supplements/ natural-medicines-comprehensive-database







CREATED BY THE HUMAN PERFORMANCE RESOURCE CENTER / HPRC-ONLINE.ORG





How Safe are Dietary Supplements?

What You Don't Know Could Hurt You

As service members, you know that maintaining a healthy weight is critical for the military mission. You know that exceeding body composition assessment (BCA) standards can negatively impact your career and impede your readiness. You also know that failing to meet minimum BCA standards can reduce your performance and decrease your resilience. But do you know the safest way to make weight? Hint: it's not by taking a dietary supplement.

The most effective way to lose weight or gain muscle is by eating a balanced diet and engaging in regular physical activity. Even though supplements contain a dietary ingredient intended to supplement the diet, ¹ they are not replacements for healthy eating and exercise. There is no quick fix. Achieving a permanent healthy weight takes time and commitment. Consider all the facts and talk to your health care provider before you take a dietary supplement.

The Safety Factor

There is no way to fully verify if a dietary supplement is safe before you purchase the product. Some supplements have been found to contain banned substances or prescription medications that could be potentially harmful. Additionally, there are no limits on serving sizes or amount of an ingredient in any form of a dietary supplement. ^{2,3}

Dietary Ingredients

- Vitamins
- Minerals
- Herbs/Botanicals
- Amino Acids
- Enzymes
- Metabolites

Supplement Forms

- Tablets
- Capsules
- Gels
- Liquids
- Powders

Unlike prescription drugs and over-the-counter medications, the

U. S. Food and Drug Administration (FDA) does not review and approve supplements based on safety or effectiveness prior to being made available to the public. Manufacturers are entrusted with ensuring that their products are safe; however, they are not required to disclose the information or evidence that supports their claim. Once a supplement is on the market, the FDA has the burden of showing that the product is unsafe before it can initiate a product recall. In other words, instead of preventing illness and injury caused by adulterated dietary supplements, the FDA is tasked with reacting to these health emergencies after they occur.



Considerations for Taking a Supplement

Think about the following considerations if you still feel you need to take a supplement:

- 1. Look for Third Party Certification: Verifies that the manufacturing is utilizing Good Manufacturing Practices, the contents listed on the container are actually in the container and in the amount indicated on the label. Third Party Certification does NOT validate the structure/function claim (i.e. helps with weight loss, improved performance, etc.).
- 2. Who are Third Party Certification Agencies?
 - United States Pharmacopeia (USP)



NSF International



Informed-Choice



Banned Substances Control Group



ConsumerLab.com



- 3. Ask yourself these questions:⁴
 - Does the label contain third party certification seal?
 - Are there more than five ingredients on the label? Are there any ingredients for which no amount is shown (i.e. proprietary blend)?
 - Are the ingredient names hard to pronounce?
 - If product contains caffeine, is there more than 200 mg per serving?
 - Does your product promise a "quick fix"?
 - Are all the Daily Values (DV) on the label less than 200% (except Fish Oil/glucosamine)?

If you answered "No" to four or more of these questions the supplement should be safe, less than four "No's" then it may be an unsafe product. Remember, check with your healthcare provider before taking a dietary supplement.



Identifying Fraud

Manufacturers are prohibited from marketing dietary supplements as a treatment, prevention, or cure for diseases or medical conditions, such as obesity. Although a supplement facts label is required and product promotions must be accurate, many manufactures engage in misleading tactics. Here are some advertising claims that should cause you concern:⁵

- Satisfaction guaranteed: Promises of a money back guarantee, but when you go to collect, the company is nonresponsive.
- Quick and easy fixes: Claims of excessive weight loss in a short period of time are unfounded. Safe and effective long-term weight loss takes time.
- All natural: Natural is not always safer. Many plants found in nature are poisonous.
- Personal testimonials or celebrity endorsements: First-hand accounts of weight loss are often made up and should not replace independent, scientific research.
- One product does it all: Any product that promises to build muscle and burn fat at the same time is fraudulent.
- Conspiracy theories: Statements claiming that the government is trying to keep a supplement away from the public are meant to distract consumers from the lack of scientific support for the product.

DoD Position on Dietary Supplements

The Department of Defense (DoD) encourages service members to eat nutrient-dense foods and participate in regular physical activity as a means of achieving permanent weight loss. Temporary fixes, such as dietary supplements, are not recommended; however, there is no formal policy on their use. DoD does not have lists of banned or permissible supplements for military personnel. Dietary supplements are available at Military Exchanges unless deemed unsafe or illegal by the FDA. It is imperative that every service member do their own research, talk to a health care provider, and thoughtfully weigh the pros and cons of taking a dietary supplement.

Additional Resources

For more information on specific supplements, dietary ingredients, tips on how to manage your weight safely and effectively, adverse events, and DoD policies go to:

- <u>Tools for the Warfighter</u>: Human Performance Resource Center, Operation Supplement Safety (OPSS)
- <u>Dietary Supplements for Consumers</u>: U. S. Food and Drug Administration
- <u>HP Toolbox</u>: Navy and Marine Corps Public Health Center (NMCPHC) Health and Wellness Department (HPW)



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Appendix C:

HANDOUTS FOR POWER UP! PHYSICAL ACTIVITY

FitFacts

American Council on Exercise®

WEIGHT LOSS: DIET VS. EXERCISE

he two major players in the weight-loss battle are diet and exercise. But can the battle be won using only one of these tools? Many people opt for the easier route, which they believe is dieting. But when you consider how poor the statistics are for long-term weight loss through diets, you need to consider a combination of both. Normally, only about 5% of dieters are successful in keeping weight off, and weight cycling is very common. Usually one-third of weight lost is regained within one year and almost all is regained within three to five years.

How Weight Loss Works

The mechanism of weight loss is simple. It is encompassed in a concept called energy balance. When you burn more calories than you consume, you lose weight. Therefore, to lose weight you need to burn more calories and/ or consume fewer calories. The combination of both of these methods is the best way to lose weight and improve your health.

How the Pros Do It

Members of the National Weight Control Registry are people who have lost weight and kept it off successfully for a minimum of one year. Of these people, 89% use a combination of diet and exercise, although 10% have had success using diet alone and 1% used exercise alone. However, research shows that the combination of exercise and diet is more effective than diet alone. Furthermore, while diet alone helps you lose weight, it is exercise that improves your physical fitness.

Getting Started

Combining diet and exercise can be tricky when you're trying to cut calories. It is impor-

tant to make sure that you eat enough so that you have energy to get through your workout, but not so much that you tilt your energy balance back to the weight-gain side.

While guidelines suggest 1 to 2 pounds of weight loss a week, you should set a goal that is both realistic and manageable for your lifestyle and fitness level. Overly aggressive goals often lead to attrition and failure.

Your diet should consist of low-fat food choices and a modest reduction in the total number of calories. Without overwhelming yourself with odd foods and food labels, try simply reduce your food portions by about 10 to 15%. Try to be consistent across the week, instead of dieting more strictly on certain days of the week.

With exercise and activity, people who successfully maintained weight loss exercised an average of an hour or more per day. Longer-duration exercise is usually needed to lose weight and prevent weight re-gain. However, this may be too much for you to begin with, so start small and gradually progress the duration of your activity by 10% each week. For example, increase the duration of your walks from

20 minutes during week one to 22 minutes the following week.

Staying Motivated

Changing your diet and exercise habits involves lifestyle modifications, but maintaining these lifestyle changes can be the real challenge. Many people can lose weight, but only a few can maintain that weight loss. Much of this is due to the fact that the lifestyle modifications made to lose weight need to be permanent. It is normal to regain a few pounds after your initial weight loss. The key is to not get discouraged and stay motivated. The smaller the amount of weight that you regain, the easier it is to lose again, permanently. So frequent monitoring of your weight is necessary to catch yourself when you start to regain weight. Keep in mind that the longer you keep weight off, the easier it becomes. For weight loss to be sustainable, it must be a slow process of 1 to 2 pounds of weight loss per week. Stay focused and goal-oriented and know that successful weight loss is possible!

Additional Resources

The National Weight Control Registry: www.nwcr.ws

About.com: <u>www.exercise.about.com/od/weightloss/a/shortcuts.htm</u>

If you are interested in information on other health and fitness topics, contact: American Council on Exercise, 4851 Paramount Drive, San Diego, CA 92123, 800-825-3636; or, go online at www.acefitness.org/GetFit and access the complete list of ACE Fit Facts™







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Exercise Programs for Active, Healthy Living

Physical activity is key to living a healthy lifestyle. Regular exercise can reduce your risk of chronic disease and enhance your quality of life. Fortunately, there is an activity for every fitness level, regardless of age or ability. There is also an activity for every interest level as well. If you are looking for a high-intensity workout, then maybe Tabata is for you. If low-impact exercise is more your speed, then try Pilates or yoga. Better yet, what about a routine that combines high-intensity and low-impact, such as indoor cycling? Bottom line, there's something for everyone! So, check out the resources at <a href="https://www.health.com/health

Aerobic and Strength Training Programs

Boot Camp

Boot camp is a group exercise class that combines body-weight and interval training.¹ The high-intensity workout may include sprints, push-ups, lunges, squats, pull-ups, and other body toning exercises.¹ Participants can improve their heart health, strengthen core muscles, increase speed and agility, and burn calories.¹

High Intensity Training

There are a variety of high-intensity, multi-dimensional programs that include similar activities, such as repetitive body weight exercises, resistance and flexibility training, explosive movements, and sprinting.² These workouts are designed for individuals at an advanced fitness level.² The variety of exercises prevents boredom, increases calorie burn, builds muscle, and enhances peak performance.²

Navy Operational Fitness & Fueling System (NOFFS)

NOFFS is a "best in class" physical fitness and nutrition program that allows Sailors to maintain peak performance and mission readiness.³ The program provides Sailors with resources and instructions on how to properly and safely train and fuel for operational success.³ NOFFS also uses evidence-based tools to reduce injuries by using job-related movement exercises.³

Marine Corps Fitness: High Intensity Tactical Training (HITT) Program

HITT is a combat-specific, strength and conditioning program that enables Marines to build resilience and enhance mission readiness.⁴ The program consists of three phases that increase in difficulty at each level.⁴ Individual Marines or complete units can use the training to improve peak performance.⁴







Indoor Cycling

Indoor cycling is a group exercise that involves specially designed stationary bikes.⁵ Trained instructors lead participants through a low-impact, high-intensity interval training session that uses sprints, simulated climbs, and flat roads.⁵ The physical benefits of indoor cycling are numerous including improved heart and lung health, reduced stress, enhanced muscle strength, and increased calorie burn.⁶

Kettlebells

Kettlebells are "cannonball-shaped iron orbs" of varying size and weight.⁷ The equipment is often used in a swinging or lifting motion and can be incorporated into a number of other exercise routines, such as push-ups and lunges.⁷ Studies indicate that these high-intensity workouts efficiently build muscle and enhance aerobic capabilities.⁷

Kickboxing

Kickboxing is a high-intensity workout that combines boxing, martial arts, and aerobics.⁵ The interval training typically involves jabbing and kicking punching bags.^{5,8} This contact exercise improves heart and lung health, burns calories, builds muscle strength, and increases agility.⁵

Suspension Training

Suspension training involves looped straps that are secured to an immovable object that can support the body weight of the exerciser. After placing either their hands or feet in the loops, the exerciser can use their body weight and gravity to increase the effectiveness of exercises, such as push-ups, lunges, and core exercises to improve strength and stability.

Tabata

Tabata is a short, high-intensity, interval-training routine.¹⁰ The workout includes eight rounds of intense exercise each lasting 20 seconds, followed by 10 seconds of rest.¹⁰ Each Tabata session lasts four minutes, and exercises can consist of cycling, resistance training, or calisthenics.¹⁰ Participants build muscle, improve aerobic training, and burn calories.¹⁰

Flexibility Training Programs

Barre

Barre is a low-impact, ballet-inspired workout that uses a ballet barre for standing and floor exercises. Routines may also involve mats and hand weights. Exercises improve core conditioning, flexibility, coordination, stability, and muscle strength.







Foam Roller

Foam rollers are molded cylinders used to enhance stretching routines, increase range of motion, and improve overall performance. ¹¹ Similar to massage, pressure is applied to muscles to release tension and stress, which often restrict joint mobility. ¹¹ Rollers can be used on a variety of muscles, such as glutes, quadriceps, and calves. ¹¹

Pilates

Pilates is a low-impact workout that focuses primarily on building core strength, which is referred to as the "power house." The exercise involves controlled body movements that enhance balance and stability, increase flexibility, reduce stress, and improve posture. The full-body routine can be performed on a mat or with specialized equipment.

Yoga

Yoga is a low-impact exercise that involves the body and mind.¹² There are numerous styles of yoga, but most consist of physical postures, breathing techniques, mediation, and relaxation.¹² Practicing yoga has many health benefits including reduced pain, improved heart health, increased strength and flexibility, decreased depression and anxiety, and enhanced sleep.¹²

Zumba®

Zumba® is a high-energy dance exercise. ¹³ The Latin-inspired workout is usually free-flowing and includes a party-like atmosphere as opposed to a strict fitness routine. ¹³ The heart healthy moves improve flexibility, increase stamina, and burn calories. ¹³

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FitFacts

American Council

WEIGHT LOSS PLATEAUS AND PITFALLS

t's kind of like running into a wall—that feeling you get when, after a few months on a weightloss program, you suddenly stop seeing results.

This is called hitting a plateau and it is not uncommon. In fact, unless you continually update your program to reflect the changes your body has already experienced, you can almost be guaranteed to plateau at some point along your journey toward reaching your goal weight.

Weight-loss Woes

The first thing you should do upon hitting a plateau is try to determine the cause. Could you be eating more calories than you think? Research shows that most people under-report the number of calories they eat—it's not that they're lying; they just don't know how to make an accurate assessment of how much they're eating. And even if you're eating fewer calories than before you lost the weight, you could be eating just enough to maintain your current weight at your current activity level.

Unfortunately, people's bodies adjust their metabolism to resist weight change. This means that you burn fewer calories when you start consuming fewer calories. So, while a diet of 1,800 calories per day helped you lose a certain amount of weight, if you've hit a plateau, it could be that 1,800 calories is the exact amount you need to stay at your current weight.

Exercise Your Options

This leaves you with two options: Lower your caloric intake further or increase the amount of time you spend being physically active.

The first option is less desirable because you may not be able to get sufficient nutrients from a diet that is very low in calories (e.g., below 1,200 kcal in women and 1,500 kcal in men) and it is difficult to stick with it for very long. It is much better to moderately reduce calories to a level that you can sustain when you reach your goal weight.

The same is true for exercise. Trying to exercise for several hours per day to burn more calories is a good way to set yourself up for fail-



ure. Not only does this type of regimen require an enormous time commitment, it is hard on the body, making you more susceptible to injury and overuse syndromes.

Instead, aim for 30 minutes of moderate activity most of the days of the week and, as you become more fit, gradually increase the intensity and duration of your exercise sessions. Choose activities that you find enjoyable, whether that be in-line skating, step classes or even mall walking. The most effective exercise is the one you will do consistently.

Another means for getting you off the plateau is strength training, which has been shown to be very effective in helping people manage their weight because the added muscle helps to offset the metabolism-lowering effect of dieting and losing weight. Muscle is much more metabolically active than fat; therefore, the more muscle you can add, the higher your metabolism will be.

To help balance the intake with the expenditure, a good rule of thumb is to multiply your

goal weight by 10 calories per pound, and add more calories according to how active you are.

For example, if your goal weight is 145 pounds, then multiple it by 10 to reach 1,450 kcal as a baseline, adding calories as needed to account for increased activity. Check out the ACE Fit Fact titled "Calories Burners: Activities That Turn Up the Heat" to estimate the caloric demand of your workout. Again, be realistic. Don't attempt too much in an effort to burn more calories.

Get Off the Plateau

If you've stopped losing weight, the key to getting off the plateau is to vary your program. The human body is an amazing piece of machinery, capable of adapting to just about any circumstance or stimulus. By shaking things up a bit and varying your program by introducing some new elements, you'll likely find yourself off the plateau and back on the road to progress in no time.

Additional Resources

ACE Fit Fact: "Calorie Burners: Activities That Turn Up the Heat" www.acefitness.org/fitfacts

About.com: www.weightloss.about.com/cs/moretips/a/aa031501a.htm

If you are interested in information on other health and fitness topics, contact: American Council on Exercise, 4851 Paramount Drive, San Diego, CA 92123, 800-825-3636; or, go online at www.acefitness.org/GetFit and access the complete list of ACE Fit Facts™







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Get Active to be Healthy

Have you ever wished that you had more energy or fewer aches and pains? Regardless of age or ability, physical activity can improve your health and wellbeing. Everyone including service members, families, and civilians can benefit from regular exercise. Active living enhances your overall quality of life by¹:

- Controlling your weight
- Reducing your stress
- Boosting your mood
- Improving your sleep
- Lowering your risk of chronic disease, such as diabetes
- Strengthening your bones and muscles to prevent injuries
- Enhancing your ability to heal from wounds
- Increasing your chances of living longer

Unfortunately, less than half of all adults in the United States get the recommended physical activity needed each week.² Don't be one of them! Take the time today to review the guidelines for physical activity, discover ways to incorporate new exercises into your daily routine, and get your children involved so that you and your family can live longer, healthier, and more productive lives.

Guidelines for Physical Activity

The U.S. Department of Health and Human Services manages the Physical Activity Guidelines for Americans, which includes information and recommendations on the types and amount of physical activity that provide health benefits. The most recent guidelines for adults (those ages 18-64) include¹:

- Avoid inactivity, as any amount of physical activity will provide some health benefits
- Aim for a combination of moderate to vigorous-intensity aerobic and muscle strengthening activities
- Engage in at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity aerobic exercise each week to reduce the risk of chronic disease or prevent weight gain
- Engage in at least 300 minutes of moderate-intensity or 150 minutes of vigorousintensity aerobic exercise each week to lose weight and keep it off after weight loss







 Engage in moderate or high-intensity muscle strengthening activities that involve all major muscle groups on two or more days a week

Fitness Levels

There is an activity for every fitness level. Whether you want to start a new routine or refresh an old one, there are activities and programs out there to help you meet your fitness goals. Check out the resources at HPW Active Living and follow these tips:

Start up

If you don't exercise regularly, it's time to start. Try one of these activities to get moving:

- Go for a brisk walk
- Try biking or swimming
- Use the elliptical trainer or treadmill
- Mow the lawn or rake leaves
- Take the stairs instead of the elevator
- Garden or do yard work

Change up

If you hit a plateau with your usual fitness regimen, it's time to revitalize your workout. Try one of these activities to mix up your routine:

- Attend a new exercise class, such as Spinning® or Pilates
- Try a new piece of gym equipment, such as a rowing machine or stair climber
- Learn a new sport, such as tennis or boxing
- Enter a walking or running race or competition
- Switch the days that you engage in aerobic and strength training activities
- Alter the intensity of your workout
- Contact your Morale, Welfare, and Recreation (MWR) Fitness Center for a schedule of exercise classes and events

Step up

If you are a service member and you already train regularly, it may be time to challenge yourself. Try one of these activities to take your fitness to the next level:

 Get started with <u>Navy Operational Fitness and Fueling System</u> (NOFFS), which was developed in partnership with physical fitness experts who train professional athletes to provide a "best in class" physical fitness and nutrition performance resource







- Check out the <u>USMC Fitness Readiness Guide</u> for resources on how to optimize performance gains and combat conditioning
- Try out for <u>All-Navy Sports</u>, which allow Sailors to represent the Navy and compete at high-level athletic competitions, such as the Armed Forces Championships

Family Fitness

Children can experience the same health benefits from physical activity as their adult family members. That is why the Physical Activity Guidelines recommend an hour or more of physical activity a day for children ages 6-17.² According to the 2013 National Youth Risk Behavior Survey, less than 30 percent of children in the United States were physically active for at least 60 minutes a day for a seven day period and more than 30 percent watched three or more hours of television per day on an average school day.³

If you want to reverse these trends and improve your children's health, it's time to plan some group activities. Try one of these options to get everyone in your family exercising together:

- Take a family walk or bike ride after dinner
- Sign up for a charity walk or run as a team
- Go to a park and play tag
- Set up a family obstacle course in the backyard
- Organize a family basketball game
- Challenge a neighboring family to a softball game

Physical activity is essential to living a healthy lifestyle. To be physically active you need to hydrate properly. Check out <u>Hydrate to be Healthy</u> to learn about the amount of water your body needs and tips for meeting those needs. Remember, whether you are a service member, beneficiary, or government civilian, regular exercise along with proper hydration can improve your health and enhance your quality of life. It's never too late to get started. You and your family can be physically fit at any age, so get moving today!

Resources

- HPW Active Living
- Navy Fitness
- Marine Corps Semper Fit
- Marine Corps Fitness







References

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- ² Facts About Physical Activity. Centers for Disease Control and Prevention. Physical Activity. http://www.cdc.gov/physicalactivity/data/facts.html. Updated 23 May 2014. Accessed February 2015.
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Taking Action with Physical Activity



Congratulations!

You are taking action and have been active for at least one month. It is important that you stay focused on all the benefits that you are receiving from getting the right frequency, intensity, time, and type of physical activity.

Use the current ACSM/AHA exercise guidelines to help you stay on track:

To promote and maintain health, all healthy adults aged 18-65 years should use the following recommendations:

Duration of Physical Activity Required for Losing Weight

- Keeping weight off after weight loss
 - 250-300 minutes per week of moderate intensity
 - o Activity=Approx. 2000kcal a week

Duration of Physical Activity Required for Preventing Weight Gain

- Reducing chronic disease factors
 - 150-250 minutes per week of moderate intensity
 - o Activity=1200-2000 kcal a week

Moderate-intensity aerobic activity, which is generally equivalent to a brisk walk and noticeably accelerates the heart rate **(220-your age × .65 to .75),** can be **accumulated** toward the 150 minute minimum from bouts lasting at least 10 minutes. **Vigorous-**intensity activity is exemplified by jogging, and causes rapid breathing and a substantial increase in heart **rate (220-your age × .80 to .85).**

Note: 1 min. vigorous intensity activity = 2 min. moderate intensity activity







Power Up! Maintaining and improving your physical activity

Continue to maintain your confidence level but be careful not to become over confident. If you experience any negative thoughts stay aware of your current and past successes. Make a list of the benefits you have already received, new forms of exercise you are willing to try, and challenge yourself to increase your time spent in any area of exercise.

Your Benefits	New Forms of Exercise	Increase in Time
		Cardio:
		Strength:
		Flexibility:
		Body movement skills:

Remember that during times of crisis or difficulties, emotional distress may cause you to slip back into your old ways of coping. It's important to recall that when you have temporary setbacks that they are only temporary and you have not failed. Remember all the effort that it took for you to be able to maintain a physically active lifestyle.

Consider meeting with a health professional or personal trainer at least once a year to review your progress and to troubleshoot any barriers to your continued success. Talking with a friend or being a part of a support group or fitness group can also help you sustain your healthy choices.

Also, combinations of moderate- and vigorous-intensity activity can be performed to meet this recommendation. For example, a person can meet the recommendations by switching between walking briskly during the week and then jogging on other days.

"The sovereign invigorator of the body is exercise, and of all the exercises walking is the best."
-Thomas Jefferson



Appendix D:

HANDOUTS FOR PSYCHOLOGY OF WEIGHT MANAGEMENT



Eating with Food in Mind to Enjoy the Taste of Eating Right

How often do you eat while distracted? It is commonplace to eat while standing, driving, working on the computer, or watching TV. All of these distractions take away from the food experience of the moment. Focusing on what and how we eat can assist in changing thoughts and behaviors related to food. If you regularly make poor food choices or overeat, practicing mindful eating may help you improve your eating habits and enjoy the taste of eating right.

What is Mindful Eating?

Mindfulness is the state of being attentive to and aware of what is taking place in the present. In daily life, it is easy for thoughts to stray from the present moment to something in the past or to what is yet to come. Simply put, being mindful is completely experiencing the moment with all of your senses. The quality of engaging all five senses make mindfulness a perfect behavior change strategy to use with eating. Apply the sense of sight, sound, taste, touch, and smell to every food encounter. In addition, cultivate a heightened awareness of the sensation of hunger and your level of fullness.

Before a morsel is purchased, picked up, delivered, created, or brought to one's lips the questions to ask are:

- Am I physically hungry?
- How hungry am I?
 - On a scale of 1 to 10 with 1 being very hungry and 10 being completely stuffed;
 5 is content, neither hungry nor full.
- What are my flavorful, nutritious options versus something to fill the void

A healthy body has two hormones, leptin and ghrelin, to assist with energy balance maintenance. Levels of leptin let the brain know you are adequately fueled and ghrelin signals hunger.² They are a part of the larger equation that supports why body weight is not erratic and can be maintained for years at a time. In weight gain, often these signals of energy balance and hunger begin to get ignored and/or poor food choices are made that are way beyond the caloric intake needed to be satisfied or leave the state of hunger behind.

When making an effort to lose weight, know that a sense of hunger will occur often. Once you decide that you are hungry enough to eat, perhaps a three (3) on the hunger scale, take a moment to observe your environment and focus on your food for five or ten minutes. Take in every aspect of it before you take the first bite. Questions you might ask yourself to keep your focus include: Is it visually appealing? How does it smell? Do you feel the heat rising



from it? Is it nutritious? Move your thoughts to how you plan to eat it. Do you have everything you need to avoid distractions and enjoy the taste of your food?

Ten Steps to Practice when Eating with Food in Mind

The following steps walk through a simple mindful eating technique that you can adapt in your own way. To begin mindfully eating, observe the whole experience and note it. The key is to slowly move through the steps.

- 1. Look at your food.
- 2. Smell your food.
- 3. Touch, if finger food.
- 4. Allow a bite to be put in your mouth and hold there for a few seconds. Notice your mouth and mind's response. Taste it. Is it savory, spicy, sweet, or sour?
- 5. Chew slowly, at least 5 to 10 times. Is it crunchy, smooth, dry, or wet?
- 6. Swallow, notice it going down.
- 7. Stop, drink a little water.
- 8. For each bite, start with number 1 and slowly move through to number 7.
- 9. Every few bites ask yourself if you have had enough. Are you satisfied? You don't want to be full, stuffed, or feel like you can't hold anymore. The question is, have you had enough to not be hungry, but to be satisfied. Remember eating slowly allows the brain to catch up with the body's state of satiety.³
- 10. Repeat until you are not hungry anymore (about a 5 on the hunger scale).

It is an art to be mindful. When your mind wanders (and it will) gently remind yourself to eat with intention and take in the whole experience moment by moment.⁴ The benefits enjoyed by mindful eating include truly tasting your food, eating only until hunger is removed and being satisfied with the whole experience. Practice often and delight in the simplicity of eating!

To help get you started, the Health Promotion and Wellness Department's Relax Relax Toolkit offers a mindfulness section with an audio presentation of Mindful Eating.

¹Brown K., Ryan R. The Benefits of Being Present: Mindfulness and Its Role in Psychological Well-being. http://selfdeterminationtheory.org/SDT/documents/2003_BrownRyan.pdf. Published September 2002. Accessed February 2014.

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³ Andrade AM Greene GW, Melanson KJ. Eating slowly led to decreases in energy intake within meals in healthy women. Journal of American Dietetics Association 2008 July 108 (7):1186-91. http://www.ncbi.nlm.nih.gov/pubmed/18589027 eating slowly saves calories. Accessed 03 February 2014.

⁴Kabat-Zinn, J. Full Catastrophe Living: Using the wisdom of your body and mind to face stress, pain, and illness. pp 27-29. New York, New York: Dell Publishing; 1990.









Tips for Coping with Food Cravings

Cravings can be very challenging to manage when you're trying to stay healthy and lose weight. When your mind tells you that you want (or need!) a bowl of ice cream, it can be tough to resist. Here are some techniques to help you overcome cravings:

- 1. Cravings sometimes result from a lack of nutrients, so be sure you're consuming a variety of foods to ensure your body is getting the nutrients it needs.
- 2. Listen to your cravings and adjust your diet accordingly. For example, if you frequently crave something salty, consider adding more salt to your diet.
- 3. Seek out healthy options for your cravings. If you're craving something sweet, try a piece of fruit or some frozen yogurt.
- 4. Since dehydration is often mistaken for hunger, have a large glass of water or some flavored seltzer water.
- 5. If you're simply thinking about or craving food due to boredom, call a friend, read a magazine or occupy yourself with one of your hobbies. Sometimes a small distraction is all you need to forget about your food craving.
- 6. Avoid diets that restrict certain foods. Including some of your favorite foods in your plan will help set you up for success.
- 7. If you're craving something salty, try pretzels or lightly salted nuts.
- 8. Select a small portion to give in to a craving. If you really want chocolate candy, buy one piece rather than a whole bag.
- 9. Skipping meals will make you ravenous and more likely to make poor food choices that may result from cravings. Make sure you eat breakfast and lunch every day to keep you going.









Psychology of Weight Loss Worksheet

Identifying your triggers, beliefs, negative self-talk, and cravings and what strategies you find most helpful will assist you in being prepared to recognize and counteract them. In the left column, list some of your triggers, beliefs or negative self-talk or cravings that may be preventing you from reaching your weight loss goals. In the right column, write down some strategies you would be willing to try to counteract them.

Barriers	Strategies
Triggers	Four A's, Four D's, or other
Beliefs or Negative self-talk	Reframing and Positive self-talk
Cravings	Substitute with
Comments:	









Busting Myths about Eating and Exercise

There are ways of thinking about eating that we have learned and some of them are not very helpful or true. The same is true about exercise or fitness activities. Examining them will assist in dispelling any unhelpful ideas that make you less likely to succeed than you realize.

Myth	Myth Buster
I must eat a big dinner with meat.	Serving sizes are important and I can have a satisfying meal with sufficient protein other than meat.
I'm supposed to eat everything on my plate.	From a young age, many people are taught to "clean your plate" which may not be helpful advice when I'm trying to lose weight. Portion sizes are just as important as what I'm eating. I will focus on my food, eating slowly to determine when I'm full rather than simply eating everything on my plate.
Eating helps me handle my emotions, whether I'm celebrating or upset.	Eating when I am not hungry can be a contributing factor to weight gain. If I want to eat, I will choose a small meal or snack and keep it healthy. If I am celebrating, I use portion control or to join in on a different activity.
To satisfy my hunger, I eat a large quantity of food quickly.	Eating fast leads to overeating as the "I am satisfied" message will not register in the brain for 20 minutes. I will eat slowly by spending time savoring each bite and chewing several times before swallowing. I will consider starting with a glass of water and a bowl of soup before my meal to avoid large quantities of food. Flavors of choice can satisfy me.
There are no real healthy choices at fast food restaurants. I eat what I crave.	Fast food establishments are catching on, and most offer healthy choices such as salads, baked potatoes, or grilled chicken sandwiches. Craving will subside with time.
The only type of exercise worth doing is going to the gym.	A gym membership isn't the only way to stay fit. I can consider a recreation sports league, taking a walk with family or friends or an at home workout.
Working out tires me out.	I may be tired from my workday or stressed out, but exercise will actually help me feel energized and help me sleep better. The bonus is it will help me get restful sleep at night. (avoid vigorous activity 2 hours before bedtime)
I am too out of shape to exercise.	No one is ever too out of shape and the only way to get fit is to try different activities. I can be active most days and easily begin with brief 10-15 minute walks or bike rides.
I don't have time to exercise.	I don't need an hour every day to exercise. Activities such as walking fast, biking, and taking the stairs instead of the elevator will get your heart pumping and can be broken up throughout the day into 10 – 15 minute increments. So try a brisk walk at lunch and an evening bike ride!



JUST THE FACTS: Life Stress

Stress Overview

Definition of Stress: Stress is a response to challenges and changes in life that your brain interprets as a call to prepare for action. Adrenaline and stress hormones are released that activate your body ("*fight or flight*"), and affect your actions, your thoughts, and your emotions. Stress helps to protect you, but it can be unhealthy if it continues for a long time. Too much stress can also interfere with your performance. Stress-related physical changes include:

- Increased blood pressure and heart rate.
- Rapid breathing.
- Sweating.
- Stomach muscles contracting, causing "butterflies," cramps, diarrhea.
- Muscle tension.

Mental Reframing: Everyone has a stream of private thoughts running through their minds. This is called *self-talk*. These thoughts reflect your beliefs and attitudes about the world, other people, and yourself, and they may be adding to your stress. To interrupt the automatic thought process:

- Become aware—monitor your thoughts and self-talk.
- Recognize that thoughts cause feelings and motivate behavior. There
 is rarely a direct link between the stressful situation and your
 response. In fact, it's usually not the event or situation that leads to a
 stress reaction; it's your interpretation of the event or situation
 that causes you to respond in various ways.

The sequence of events that leads to feelings and behaviors in response to stressors is called the "*ABCs*":

(A)ctivating event + (B)eliefs = (C)onsequences)

- A —You experience the *Activating* event.
- **B** Your **Beliefs** about the event lead to an interpretation of the event.
- **C** Your interpretation of the event either increases or decreases the stress you feel—the **Consequences**.

POTENTIAL LONG-TERM EFFECTS OF CHRONIC STRESS

- Hypertension (high blood pressure).
 - Heart disease.
 - Immune system suppression.
 - Increased risk for infectious disease.
 - Gastrointestinal disorders such as colitis.
 - Asthma.
- Mental health problems.

QUICK STRESS-REDUCTION TECHNIQUES

When you feel stressed, your breathing becomes fast and shallow and your muscles get tense. You can interrupt the stress response by:

- Slowing your breathing and taking deep, slow breaths from your belly.
 - Relaxing your muscles (e.g., by tensing and releasing muscles throughout your body).



JUST THE FACTS: Life Stress

Stress Overview



Mental Reframing (cont.): Check your thoughts and self-talk for these stress-promoting thinking patterns:

- 1. *All-or-nothing thinking*: judging things as being all good or all bad usually based on a single factor.
- 2. **Exaggeration**: blowing the negative consequences of a situation or event way out of proportion.
- 3. **Overgeneralization**: drawing conclusions about your whole life based on negative outcome of a single incident.
- 4. *Mind-reading*: believing you know what another person or group of people is thinking about you (usually bad) when you have no evidence.
 - Challenge your negative thoughts and self-talk by asking yourself whether there is evidence to support the way you are perceiving the situation.
 - Replace negative or stressful self-talk with more positive, useful, and realistic self-talk.

Example: While on leave, you decide to take the bus to go visit your family and get stuck in traffic due to road construction. Change **negative self-talk** ("This will take forever. I will never get home. Why does this always happen to me?") to **positive and useful self-talk** ("I'm glad they are fixing this road. I can take this time to relax and listen to some music I enjoy.").

Controlling the Source of Stress by Solving Problems:

Take action over stressors that you can control (your own habits, behavior, environment, relationships) by using the problem-solving process:

- Step 1: Define the problem.
- **Step 2:** Set a goal (e.g., what would you like to see happen?).
- **Step 3:** Brainstorm possible solutions.
- **Step 4:** Evaluate the pros and cons of various possible solutions.
- **Step 5:** Choose the best solution (weigh the pros and cons).
- **Step 6:** Make a plan to implement the solution and try it!
- Step 7: Assess how well it went.
- Step 8: If the first solution doesn't work, try others.

IF A SOURCE OF STRESS IS BEYOND YOUR CONTROL

Try an activity to distract or soothe yourself:

- Listen to music.
- Get together with a friend.
- Read a good book or watch a movie.
- Engage in physical exercise.
- Consider spiritual activity such as prayer.
- Perform yoga.
- Use humor (jokes or funny movies).
- Meditate.
- Take a nap.
- Write in a journal or diary.
- Take a hot bath or shower.
- Help others in need.
- Express your stress creatively.
- Take a "mental holiday."

PLAN FOR FUTURE STRESSFUL EVENTS

Create a personalized "Stress Toolkit" by making a list of coping strategies that work for you when you're stressed, including deep breathing, muscle relaxation and activities that you find soothing.

Visualize potential future stressful situations.

Determine if you will have some control in the situation.

Decide how you will use the problemsolving process to reduce stressors.

Plan to use various helpful activities to reduce the stress response.

Remember to include friends and family for support.

Fracker to Identify Your Food Triggers



Sometimes we eat to satisfy physical hunger, but often it's to satisfy a psychological need rather than a physical need. Often we're unaware of the psychological cues that cause us to eat Inderstanding the factors that contribute to your eating habits can help you take control of the type and amount of foods that you consume, and the frequency that you consume them. when we're not really hungry. Jse this tracker to keep a record of everything you eat and drink (including alcoholic and non-alcoholic drinks) for the next seven days to help you identify the triggers that make you want to eat when you are not physically hungry. Note all of the following items listed below in the appropriate section of the table:

- Time: Write down what time you ate each meal or snack, or consumed each drink.
- Type of Food/Drink & Quantity: Write down what you ate or drank and how much of it you had
- Where You Ate/Drank: Where you were when you ate or drank.
- **Who, What, Why?:** Write down *who* you were with; *what* you were doing; and *why* you ate or drank if not for a specific meal.
- What Was Your Mood?: How were you feeling when you ate or drank? Refer to the emoticon images and write down the name of the feeling under the emoticon picture. If your mood is not listed, write in your own description
- What Was Your Level of Hunger?: (Applies to food only.) How hungry were you when you ate? Reference the hunger scale to figure out where you fit and write down the corresponding number.

Choose Your Mood

Select the emotion that best defines your mood when you made each food or beverage choice, whether positive or negative.









Excited

Bored

Anxious











Sad

Choose Your Level of Hunger

Use this hunger scale to rate your level of hunger, and record the number in the "What Was Your Level of Hunger?" column for each food you had throughout the day.



hungry and unable you can't ignore your hunger any to concentrate; /ou'll eat anything crabby, or have a you may feel starved, dizzy, headache.

You are very

You're so hungry

and ready to eat; you have hunger You are hungry is growling and your stomach

and feel neither hungry nor full. time to think about what you want to You begin to feel eat, but you feel hungry and it's you can wait.

and may have over satisfied. You know You are very full you will not need to eat for several eaten, but feel

> satisfied. full and

uncomfortable. starting to feel

You're stuffed

You are

comfortable You are

and are

You may be tempted to uncomfortable and your eat more but you know clothes may feel tight. if you continue to eat you'll start to feel sick. You feel very



and may even painfully full You are

Day of Week	Type of Meal	Time	Type of Food/Drink & Quantity	Where You Ate/Drank	Who, What, Why?	What Was Your Mood?	What Was You Level of Hunger?
Day/Date:							
Day/Date:							
Day/Date:							
Day/Date:							

Day of Week	Type of Meal	Time	Type of Food/Drink & Quantity	Where You Ate/Drank	Who, What, Why?	What Was Your Mood?	What Was You Level of Hunger?
Day/Date:							
Day/Date:							
Day/Date:							
Day/Date:							



Appendix E:

HANDOUTS FOR CREATING SUPPORTIVE ENVIRONMENTS"



Mastering Flavorful Cooking

Healthy cooking can be easy, fun, and rewarding. Using healthy cooking methods can invigorate old favorites and create new favorites. Healthy cooking techniques capture the **flavor of food**, increase the **nutritional quality of meals**, and promote **healthy eating behaviors**. Food that is prepared using healthy cooking methods also retain more nutrients and reduce fat, salt, and caloric intake.





Dry Heat Cooking Methods

Dry heat cooking methods use hot air and heat from a pan or grill to cook food.

BAKING: Using the hot air of an oven to cook food that is covered or uncovered

- > Equipment: Metal, glass, or ceramic pan or baking sheet
- > Temperature: Temperatures vary from low (250°F) to high (500°F)
- Best foods for baking: Fruit, vegetables, seafood (e.g. fish, scallops), and lean cuts of chicken, turkey, beef, pork, and lamb
- > Flavoring ideas:
 - 1. Marinate. Use low-fat marinades for vegetables, seafood, lean cuts of chicken, and thin cuts of lean beef, pork, and lamb
 - Encrust. Coat fish, and lean cuts of chicken, beef, pork and lamb with ground nuts (e.g. pecans, walnuts) or seeds (e.g. sesame seeds, flax seeds)
 - 3. Herbs and Spices. Add a mixture of fresh or dried herbs and spices to vegetables, seafood, and lean cuts of chicken, beef, pork, and lamb
- > Helpful tips: Fruits and vegetables should be cut in similar size pieces for even cooking.



PROASTING: Similar to baking but typically refers to cooking food uncovered in an oven

- > Equipment: A heavy roasting pan with a rack, shallow baking pan, or baking sheet
- > Temperature: Low (250 °F) to moderate heat (375°F)
- Best foods for roasting: Dense vegetables (e.g. potatoes, turnips, cauliflower), whole chicken, whole turkey, fish (e.g. salmon, red snapper, trout), and lean cuts of large pork and beef roasts (e.g. beef bottom round, pork top loin)
- > Flavoring ideas:
 - 1. Herbs and Spices. Fresh or dried
 - 2. Baste. Use low-sodium vegetable, chicken, or beef broth for vegetables, fish, and lean cuts of chicken and turkey
 - 3. Vegetables. Use seasoning vegetables such as a mirepioux (mir-pwa), a mixture of chopped celery, onions, and carrots; green peppers; or garlic
- > Helpful tips:
 - 1. Use a low temperature (250°F) to ensure that large cuts of meat (e.g. whole chicken) cook evenly and thoroughly
 - 2. To prevent vegetables from becoming soft, use medium heat (375°F) for vegetables



BROILING: Cooking food directly underneath very high heat for a short length of time

Equipment: A broil pan

> Temperature: 500°F

Best foods for broiling: Fish and thin, lean cuts of beef, chicken, lamb, and pork

Flavoring ideas:

1. Herbs and Spices. Use fresh or dried herbs and spices to season food

2. Marinate. Use low-fat marinades for fish and thin, lean cuts of beef, chicken, lamb, and pork

> Helpful tips: To control the cooking time, adjust the distance of the food from the heat as opposed to adjusting the temperature



GRILLING: Similar to broiling but food items are cooked over the flame. The heat can be direct or indirect. Indirect heat requires a closed covered grill, allowing hot air to circulate the food. Direct heat refers to cooking food directly on a grill uncovered

- > Equipment: Gas or charcoal grill
- > Best foods for grilling: Vegetables, fruit, fish and lean cuts of chicken, turkey, beef, and pork
- > Flavoring ideas:
 - 1. Herbs and Spices. Use as meat rubs
 - 2. Marinate. Use low-fat marinades for vegetables, and lean cuts of chicken, turkey, beef, and pork
 - 3. Cedar Wood Plank. Use to infuse a smoky wood flavor to fish



SAUTÉ/STIR FRY: Sautéing and stir frying are fast cooking methods. Sautéing requires the constant flipping food over high heat. Stir-frying refers to frequently stirring food over medium high to high heat

- > Equipment: For sautéing use a skillet or sauté pan; for stir-frying use a wok or large skillet. For both methods, the cooking pan should be coated with a cooking spray or a healthy cooking oil with a high smoke point (e.g. olive oil, canola oil)
- > Temperature: Hot enough for the coated pan to sizzle
- > Best foods for sauteing & stir frying: Tender vegetables (e.g. asparagus, sugar snap peas, bok choy), tofu, and thin cuts of lean chicken, beef, and pork
- > Flavoring ideas:
 - 1. Broth. Use low-sodium vegetable, chicken, or beef broth
 - 2. Wine. Use red or white dry wine
 - 3. Balsamic or Sherry Vinegar
- > Helpful tip: If the cooking heat is too low, the vegetables will release liquids and steam as oppose to sautéing or stir frying



Moist Heat Cooking Methods

Moist heat cooking methods use a liquid or steam to cook food.



BLANCHING: Keeps food crispy by partially cooking food. Consists of two steps: boiling a food item, followed by immediately plunging into ice water

- > Equipment: A large pan for boiling and a bowl for ice water
- > Temperature: Boiling (212°F) and ice water (32°F)
- > **Best foods for blanching: Vegetables**
- > Flavoring ideas:
 - 1. Herbs and Spices. Toss with cooled vegetables
 - 2. Balsamic Vinegar. Drizzle over cooled vegetables



BRAISING: Slowly simmers food that is partially submerged in a liquid. Typically consists of two steps: a browning process followed by a slow simmer. Braising can be done on the stove or in the oven

- **Equipment:** A deep and heavy pot with a tight fitting lid (e.g. a Dutch oven)
- > Temperature: Use medium high heat (approx. 375°F) to brown the food items. Braise the food items on a low heat (200°F - 250°F)
- > Best foods for braising: Firm vegetables (e.g. sweet potatoes, carrots, winter squash) and lean cuts of inexpensive beef roasts (e.g. bottom round), pork roasts (pork shoulder), and lamb shank
- > Flavoring ideas:
 - 1. Creative combination of liquids. Combine cooking liquids such as vegetable broth and wine or beef broth and pureed tomatoes
 - 2. Herbs and Spices. Fresh or dried
 - 3. Salsa. Smother lean cuts of inexpensive beef, pork, and lamb in red or green salsa
- > Helpful tip: Braising is not recommended for tender cuts of meat (e.g. chicken breast, pork chops) that are prone to drying out.



POACHING: Submerging a food item in a liquid until its completely cooked

- > Equipment: A large cooking pan or pot with a lid
- > **Temperature**: Below boiling (160-180°F)
- > Best foods to poach: Fish, chicken breast, and eggs
- Flavoring ideas: Flavorful liquids. Use low-sodium vegetable, chicken, or beef broth or vinegar



- > Equipment: A pan with a rack and tight fitting lid, a pan with a steamer insert and tight fitting lid, or an enclosed wrapper (e.g. foil, grape leaves, corn husks, parchment paper)
- > Temperature: Boiling (212°F)
- > Best foods to steam: Vegetables, fish, and chicken breast
- > Flavoring ideas:
 - 1. Spinach & Tomatoes. Add to food items in wrappers
 - 2. Lime or Lemon juice. Add lime or lemon juice to the boiling water to release the flavor in the steam
 - 3. Herbs & Spices. Add to the boiling water or sprinkle on top of food item in the wrappers

Using healthy cooking methods to prepare meals can be a great way to spend quality time with loved ones and cultivate a healthy lifestyle. To enjoy a safe and flavorful meal, please follow the UNITES STATES DEPARTMENT OF **AGRICULTURE** (USDA) recommended minimum internal cooking temperatures for meat and poultry.

USDA Recommended Minimum Internal Cooking Temperatures

Beef, Pork, Veal, Lamb, Steaks, Roasts, & Chops	Fish	Beef, Pork, Veal, Lamb (Ground)	Egg Dishes	Turkey, chicken, and Duck (Whole, Pieces, & Ground)
145 °F	145 °F	160 °F	160 °F	165 °F

For additional healthy eating resources, please visit:

HTTP://WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTHPROMO

The G4G Guide



Tips to build a healthy plate	Eat Often	Eat Occasionally (Select portions carefully)	Eat Rarely
Vegetables • Eat 3–4 cups non-starchy vegetables a day. • Starchy vegetables such as potatoes and corn are in the Grains/Starches group.	(Almost anytime) Fresh or frozen vegetables Canned vegetables rinsed to remove salt (green beans, beets) No-added-salt canned vegetables (tomato) Leafy green salads with dark greens (spinach, spring mix) and vegetable toppings	Fresh or frozen vegetables with light sauces Canned vegetables	(Once in a while) Fried or tempura vegetables Vegetables with high-fat sauces (Alfredo) Creamed vegetables Some salads; see salad dressings and toppings under Fats/Oils
Fruits • Eat 2–2.5 cups of fruit a day. • Eat your fruit, don't drink it.	Fresh fruit Frozen fruits (all types) with no added sugar/syrup Fruit canned in water or fruit juice Dried fruit (un-sulfured with no added sugar)	Frozen fruit with added sugar/syrups Canned fruit in light syrup Dried fruit (sulfured) 100% fruit juice Some fruit desserts	Dried fruit with coatings (yogurt, choco- late, others) Dried fruit with added sugar (Craisins) Canned fruit in heavy syrup Some fruit desserts
Grains/Starches • Choose 100% whole grain for at least half of all grain servings.	Brown rice, bulgur, quinoa, barley Oatmeal Baked potato/sweet potato with skin Baked sweet-potato "fries" Whole-grain pasta Cereal with less than 10g sugar and at least 3g fiber Whole-grain breads, bagels, rolls, Eng- lish muffins with 3g or more fiber	White rice, couscous, pasta Cereals with more than 10g sugar Sweetened oatmeal/oatmeal packets Grits, polenta Baked French fries Mashed potatoes (no butter or cream) White breads, bagels, rolls, cornbread	Biscuits, croissants, full-fat muffins Doughnuts, Danishes, pastries, sweetened breads Processed cereals with sugar Fried rice Pasta with cream sauce French fries (fried in oil) Mashed potatoes (butter and/or whole milk/cream), potato casseroles Grits with added fat
Protein Vary your protein choices. Include seafood/fish twice a week. Include beans for protein and fiber.	Egg whites/egg substitutes Fish and shellfish (baked, broiled, grilled) Most fish canned in water (except tuna) Chicken/turkey (without skin) Ground poultry (90% lean) Beans/lentils Tofu or edamame Vegetable or bean burgers/patties (black-bean burgers)	Whole eggs Tuna canned in water Chicken/turkey with skin Pork, ham, Canadian bacon Deli meats Chicken/turkey sausage Beans/lentils with added sugar, fat, ham, bacon Soy patties, links, burgers	Fried meat/poultry/fish/seafood Fried eggs prepared with fat/oil Ground beef, fatty (marbled) cuts of red meat, beef ribs, and corned beef Pork sausage or bacon Hot dogs, kielbasa, bratwurst High-fat deli meats (salami, bologna) Refried (with lard) beans
Fats/Oils • Choose healthy fats and oils.	Oils – olive, canola, safflower, sunflower, sesame, grapeseed Salad dressings made with these oils Nuts and seeds, unsalted Natural nut butters (peanut butter, almond, hazelnut, soynut)	Oils – vegetable, soy, corn, peanut Salad dressings made with these oils Mayonnaise made with these oils Gravy (made with water or low-fat milk) Margarine spreads with no trans fats Peanut butter with added oils/fats	Oils – coconut, palm, palm kernel Shortening and lard Gravy (made with fat drippings) Most margarines Full-fat creamy salad dressings Cream (half-and-half, whipped, others) Non-dairy creamer (liquid or powdered)
Beverages • Choose water instead of sugary beverages.	Water (plain or carbonated) Flavored seltzers/waters with no artificial sweetener Decaf tea and decaf coffee, plain Herbal tea Low-sodium, 100% vegetable juice Non-fat/skim/1% milk	Sports drinks 100% fruit juice 2% (low-fat) milk Tea and coffee, plain or no more than 2 tsp sugar and 1 tbsp cream Artificially sweetened beverages of any kind (diet sodas, diet teas, many flavored waters)	Coffee and tea with more than 2 tbsp cream and/or 4 tsp sugar Sweetened beverages of any kind (so- das, sweet teas, fruit punches) Whole milk
Dairy • Compare sugar contents of yogurt.	Milk (non-fat, skim, 1%) Milk alternatives (soy, almond, rice with calcium and vitamin D added) Yogurt (non-fat, skim, 1%) Low-fat cottage cheese	Chocolate milk (strawberry or other flavors) Milk (2% fat) Yogurt (2% fat) Cheese (reduced-fat, low-fat)	Whole milk, cream, half-and-half Plain yogurt (about 3% fat) Cottage cheese (about 3% fat) Most cheeses Cream cheese, sour cream
• Choose fruit for dessert. • Choose nuts, dairy, fruit, vegetables, and whole foods for snacks.	Fruit Yogurt-and-fresh-fruit parfait Frozen 100% fruit-juice bars Milk (non-fat, skim, 1%) Other foods from the Green list	Fruit desserts (made with minimal added fats and sugar) Low-fat puddings Frozen yogurt and ice milk Popcorn, pretzels, baked chips	High-sugar frozen ice pops Fruit pies, cobblers Cakes, cookies, most pastries Ice cream, gelato Pudding Fried chips, buttered popcorn

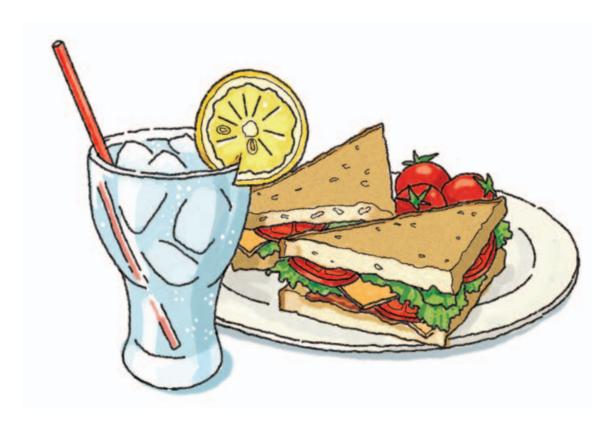
Retlink your drink.











When it comes to weight loss, there's no lack of diets promising fast results. There are low-carb diets, high-carb diets, low-fat diets, grapefruit diets, cabbage soup diets, and blood type diets, to name a few. But no matter what diet you may try, to lose weight, you must take in fewer calories than your body uses. Most people try to reduce their calorie intake by focusing on food, but another way to cut calories may be to think about what you drink.

What Do You Drink? It Makes More Difference Than You Think!

Calories in drinks are not hidden (they're listed right on the Nutrition Facts label), but many people don't realize just how many calories beverages can contribute to their daily intake. As you can see in the example on the next page, calories from drinks can really add up. But there is good news: you have plenty of options for reducing the number of calories in what you drink.

Occasion	Instead of	Calories	Try	Calories
Morning coffee shop run	Medium café latte (16 ounces) made with whole milk	265	Small café latte (12 ounces) made with fat- free milk	125
Lunchtime combo meal	20-oz. bottle of nondiet cola with your lunch	227	Bottle of water or diet soda	0
Afternoon break	Sweetened lemon iced tea from the vending machine (16 ounces)	180	Sparkling water with natural lemon flavor (not sweetened)	0
Dinnertime	A glass of nondiet ginger ale with your meal (12 ounces)	124	Water with a slice of lemon or lime, or seltzer water with a splash of 100% fruit juice	0 calories for the water with fruit slice, or about 30 calories for seltzer water with 2 ounces of 100% orange juice.
Total beverage calories		796		125-155

(USDA National Nutrient Database for Standard Reference)

Substituting no—or low—calorie drinks for sugar-sweetened beverages cuts about 650 calories in the example on the previous page.

Of course, not everyone drinks the amount of sugar-sweetened beverages shown. Check the list below to estimate how many calories you typically take in from beverages.

Type of Beverage	Calories in 12 oz	
Fruit punch	192	320
100% apple juice	180	300
100% orange juice	168	280
Lemonade	168	280
Regular lemon/lime soda	148	247
Regular cola	136	227
Sweetened lemon iced tea (bottled, not homemade)	135	225
Tonic water	124	207
Regular ginger ale	124	207
Sports drink	99	165
Fitness water	18	36
Unsweetened iced tea	2	3
Diet soda (with aspartame)	0*	0*
Carbonated water (unsweetened)	0	0
Water	0	0

^{*}Some diet soft drinks can contain a small number of calories that are not listed on the Nutrition Facts label. (USDA National Nutrient Database for Standard Reference)

Milk contains vitamins and other nutrients that contribute to good health, but it also contains calories. Choosing low-fat or fat-free milk is a good way to reduce your calorie intake and still get the nutrients that milk contains.

Type of milk	Calories per cup (8 ounces)
Chocolate milk (whole)	208
Chocolate milk (2% reduced-fat)	190
Chocolate milk (1% low-fat)	158
Whole milk (unflavored)	150
2% reduced-fat milk (unflavored)	120
1% low-fat milk (unflavored)	105
Fat-free milk (unflavored)	90

(USDA National Nutrient Database for Standard Reference)

Experts have defined healthy weight loss as a loss of 1-2 pounds per week. Most people need to cut roughly 500 calories a day to lose one pound per week. You can do this by reducing the

number of calories you take in through both ood or drink.



Learn To Read Nutrition Facts Carefully

Be aware that the Nutrition Facts label on beverage containers may give the calories for only part of the contents. The example below shows the label on a 20-

oz. bottle. As you can see, it lists the number of calories in an 8-oz. serving (100) even though the bottle con-

NUTRITION FACTS LABEL		
Serving Size 8 fl. oz.		
Servings Per Container (2.5)		
Amount per serving		
Calories 100		

tains 20 oz. or 2.5 servings. To figure out how many calories are in the whole bottle, you need to multiply the number of calories in one serving by the number of servings in the bottle (100 x 2.5). You can see that the contents of the entire bottle actually contain 250 calories even though what the label calls a "serving" only contains 100. This shows that you need to look closely at the serving size when comparing the calorie content of different beverages.

High-Calorie Culprits in Unexpected Places

Coffee drinks and blended fruit smoothies sound innocent enough, but the calories in some of your favorite coffee-shop or smoothie-stand items may surprise you. Check the website or in-store nutrition information of your favorite coffee or smoothie shop to find out how many calories are in different menu items. And when a smoothie or coffee craving kicks in, here are some tips to help minimize the caloric damage:

At the coffee shop:

- Request that your drink be made with fat-free (skim) milk instead of whole milk.
- Order the smallest size available.
- Forgo the extra flavoring—the flavor syrups used in coffee shops, like vanilla or hazelnut, are sugar-sweetened and will add calories to your drink.

- Skip the Whip. The whipped cream on top of coffee drinks adds calories and fat.
- Get back to basics. Order a plain cup of coffee with fat-free milk and artificial sweetener, or drink it black.

At the smoothie stand:

- Order a child's size if available.
- Ask to see the nutrition information for each type of smoothie and pick the smoothie with the fewest calories.
- Hold the sugar. Many smoothies contain added sugar in addition to the sugar naturally in fruit, juice, or yogurt. Ask that your smoothie be prepared without added sugar: the fruit is naturally sweet.



Sugar by Any Other Name: How To Tell Whether Your Drink Is Sweetened

Sweeteners that add calories to a beverage go by many different names and are not always obvious to anyone looking at the ingredients list. Some common caloric sweeteners are listed below. If these appear in the ingredients list of your favorite beverage, you are drinking a sugar-sweetened beverage.

- High-fructose corn syrup
 - Fructose
 - Fruit juice concentrates
 - Honey
 - Sugar
 - Syrup
 - Corn syrup
 - Sucrose
 - Dextrose

Better Beverage Choices Made Easy

Now that you know how much difference a drink can make, here are some ways to make smart beverage choices:

- Choose water, diet, or low-calorie beverages instead of sugar-sweetened beverages.
- For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.
- Don't "stock the fridge" with sugar-sweetened beverages. Instead, keep a jug or bottles of cold water in the fridge.
- Serve water with meals.
- Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon, or drink sparkling water.
- Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- When you do opt for a sugar-sweetened beverage, go for the small size. Some companies are now selling 8oz. cans and bottles of soda, which contain about 100 calories.
- Be a role model for your friends and family by choosing healthy, low-calorie beverages.



Appendix F:

HANDOUTS FOR STRESS MANAGEMENT AND **RELAXATION**





NAVY AND MARINE CORPS PUBLIC HEALTH CENTER PREVENTION AND PROTECTION START HERE





Diaphragmatic Breathing

Deep or diaphragmatic breathing can be done most anywhere. Recommended places and moments include: driving in congested traffic, running late for an appointment, during a meeting, engaging in other stress provoking situations, to begin a power nap or a restful night of sleep, and any other time you have 5 or 10 minutes to calm. It sends the message to your body and brain that functions can slow down now. Deep breathing can take you out of the "Alarm" or "Reacting" stage of stress into a more restful or calm state.

To Begin: If possible, but not necessary –

- Both feet on the ground if seated in a chair OR
- Lying on the floor with feet up on chair or out in front of you
- Quiet space (relaxing background music may help)
- Minimal interruptions
- Close your eyes
- One hand on your heart center
- One hand below or on your belly button
- By placing your hands in this manner, it allows you to note whether you are taking short, chest breaths (upper hand rises); if you are breathing deeply your lower hand that is on your belly button will move out slightly as your lower lungs fill and your diaphragm moves downward.

Sit with stillness for a few moments before trying to do anything.

Notice your breathing. Notice your feet on the floor. Notice your heart beating.

Take your first deep breath in through your nose, relaxing your abdomen to allow the breath to go deep into the lungs. Exhale completely and slowly through your nose.

Inhale to the count of 3

Exhale to the count of 3

Do this several times to set a slow, smooth rhythm. This brings your mind into a focused place. Once you have a rhythm, relax into each exhale. Let go of muscle tension in one part of your body while exhaling, then move through the body: your forehead, jaw, shoulders, and back. After 5 to 10 minutes of diaphragmatic breathing, gently wiggle your toes and fingers. Be aware of the space you are in. Open your eyes if they were closed. Stretch and slowly move forward with your day in this relaxed, refreshed state.

To learn more visit the <u>Relax Relax Toolkit</u>: http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/relax-relax/pages/breathing.html

Diaphragmatic Breathing 1



JUST THE FACTS: Life Stress

Stress Overview

Definition of Stress: Stress is a response to challenges and changes in life that your brain interprets as a call to prepare for action. Adrenaline and stress hormones are released that activate your body ("*fight or flight*"), and affect your actions, your thoughts, and your emotions. Stress helps to protect you, but it can be unhealthy if it continues for a long time. Too much stress can also interfere with your performance. Stress-related physical changes include:

- Increased blood pressure and heart rate.
- Rapid breathing.
- Sweating.
- Stomach muscles contracting, causing "butterflies," cramps, diarrhea.
- Muscle tension.

Mental Reframing: Everyone has a stream of private thoughts running through their minds. This is called *self-talk*. These thoughts reflect your beliefs and attitudes about the world, other people, and yourself, and they may be adding to your stress. To interrupt the automatic thought process:

- Become aware—monitor your thoughts and self-talk.
- Recognize that thoughts cause feelings and motivate behavior. There
 is rarely a direct link between the stressful situation and your
 response. In fact, it's usually not the event or situation that leads to a
 stress reaction; it's your interpretation of the event or situation
 that causes you to respond in various ways.

The sequence of events that leads to feelings and behaviors in response to stressors is called the "*ABCs*":

(A)ctivating event + (B)eliefs = (C)onsequences)

- A —You experience the *Activating* event.
- **B** Your **Beliefs** about the event lead to an interpretation of the event.
- **C** Your interpretation of the event either increases or decreases the stress you feel—the **Consequences**.

POTENTIAL LONG-TERM EFFECTS OF CHRONIC STRESS

- Hypertension (high blood pressure).
 - Heart disease.
 - Immune system suppression.
 - Increased risk for infectious disease.
 - Gastrointestinal disorders such as colitis.
 - Asthma.
- Mental health problems.

QUICK STRESS-REDUCTION TECHNIQUES

When you feel stressed, your breathing becomes fast and shallow and your muscles get tense. You can interrupt the stress response by:

- Slowing your breathing and taking deep, slow breaths from your belly.
 - Relaxing your muscles (e.g., by tensing and releasing muscles throughout your body).



JUST THE FACTS: Life Stress

Stress Overview



Mental Reframing (cont.): Check your thoughts and self-talk for these stress-promoting thinking patterns:

- 1. *All-or-nothing thinking*: judging things as being all good or all bad usually based on a single factor.
- 2. **Exaggeration**: blowing the negative consequences of a situation or event way out of proportion.
- 3. **Overgeneralization**: drawing conclusions about your whole life based on negative outcome of a single incident.
- 4. *Mind-reading*: believing you know what another person or group of people is thinking about you (usually bad) when you have no evidence.
 - Challenge your negative thoughts and self-talk by asking yourself whether there is evidence to support the way you are perceiving the situation.
 - Replace negative or stressful self-talk with more positive, useful, and realistic self-talk.

Example: While on leave, you decide to take the bus to go visit your family and get stuck in traffic due to road construction. Change **negative self-talk** ("This will take forever. I will never get home. Why does this always happen to me?") to **positive and useful self-talk** ("I'm glad they are fixing this road. I can take this time to relax and listen to some music I enjoy.").

Controlling the Source of Stress by Solving Problems:

Take action over stressors that you can control (your own habits, behavior, environment, relationships) by using the problem-solving process:

- Step 1: Define the problem.
- **Step 2:** Set a goal (e.g., what would you like to see happen?).
- **Step 3:** Brainstorm possible solutions.
- **Step 4:** Evaluate the pros and cons of various possible solutions.
- **Step 5:** Choose the best solution (weigh the pros and cons).
- **Step 6:** Make a plan to implement the solution and try it!
- Step 7: Assess how well it went.
- Step 8: If the first solution doesn't work, try others.

IF A SOURCE OF STRESS IS BEYOND YOUR CONTROL

Try an activity to distract or soothe yourself:

- Listen to music.
- Get together with a friend.
- Read a good book or watch a movie.
- Engage in physical exercise.
- Consider spiritual activity such as prayer.
- Perform yoga.
- Use humor (jokes or funny movies).
- Meditate.
- Take a nap.
- Write in a journal or diary.
- Take a hot bath or shower.
- Help others in need.
- Express your stress creatively.
- Take a "mental holiday."

PLAN FOR FUTURE STRESSFUL EVENTS

Create a personalized "Stress Toolkit" by making a list of coping strategies that work for you when you're stressed, including deep breathing, muscle relaxation and activities that you find soothing.

Visualize potential future stressful situations.

Determine if you will have some control in the situation.

Decide how you will use the problemsolving process to reduce stressors.

Plan to use various helpful activities to reduce the stress response.

Remember to include friends and family for support.

INDICATORS OF



"Overstress" is recognized as a cause of major health problems that range from minor illnesses to death. It can also be a possible cause of decreased productivity, depression, and other potential health problems. The following are signs or symptoms of a stress reaction. Please check those you have recently experienced.

PHYSICAL RESPONSES TO STRESS:

- _ itching
- hives
- eczema
- _ increased sweating
- _ cold hands or feet
- rashes
- _ cold sores
- _ increased breathing
- shortness of breath
- _ sighing
- _ hiccups
- _ coughing
- _ hyperventilation
- asthma aggravated by stress
- allergies (hay fever, sinus problems)
- _ frequent colds
- _ minor illnesses

- _ indigestion
- diarrhea
- _ constipation
- _ abdominal cramps
- _ tight or fluttery stomach
- _ ulcers
- colitis (inflammation of the colon)
- _ muscle contractions
- pains in lower back and neck
- _ tension headaches
- _ other muscle aches
- _ tics, spasms
- _ increased blood pressure
- _ increased pulse
- _ irregular heartbeat
- arteriosclerosis (hardening of the arteries)



- other cardiovascular diseases
- _ impotence
- _ menstrual changes
- _ frigidity
- _ premature ejaculation

MORE INDICATORS OF



BEHAVIORAL INDICATORS OF STRESS:

- __ lack of enthusiasm for children, family, work, or life in general
- __ withdrawal into increased privacy and solitude
- __ lack of interest in sexual relations
- __ change in eating habits/ extreme weight gain or loss
- __ experiencing an increased number of interpersonal conflicts
- __ talking gradually louder and more excitedly; uncharacteristic or frequent screaming
- __ increased use of cigarettes, alcohol, drugs, tranquilizers, or pills
- difficulty sleeping/insomnia
- __ fatigue
- __ frequent explosions of anger or crying fits
- __ increased number of accidents or tendency to be clumsier than usual



Cognitive indicators of Stress:

- __ confusion
- __ nightmares
- __ uncertainty
- __ suspiciousness
- __ blaming
- __ poor problem solving
- __ poor concentration/memory
- __ heightened or lowered alertness

EMOTIONAL INDICATORS OF STRESS:

- __ fear
- __ guilt
- __ grief
- __ panic
- __ denial
- __ anxiety
- __ agitation
- __ irritability
- __ depression
- __ intense anger
- __ apprehension
- __ emotional shock
- __ emotional outbursts
- ___ feeling overwhelmed
- __ loss of emotional control

Any of these symptoms may indicate the need for medical evaluation. When in doubt, contact a physician.









Food and Your Mood

The connection between food and your mood is a two-way street. Food choices influence your mood, and mood influences your food choices. That's why it is so important to eat healthy. Nutrient-dense foods, such as 100% whole grains, lean protein, low-fat or fat-free dairy, fruits, and vegetables fuel your body and mind in ways that not only optimize your health and enhance your performance, but manage your stress and balance your mood as well.¹

Food Choices Affect Mood

Your brain plays a primary role in determining your mood.² Chemicals in your brain, known as neurotransmitters, send signals throughout your body that affect your stress level and ability to concentrate.² The three neurotransmitters that are most closely associated with mood are¹:

- Serotonin: promotes a sense of calm and lessens cravings
- Dopamine: sharpens attention and increases motivation
- Norepinephrine: heightens awareness and improves memory

Although additional research is needed, initial data suggests that deficiencies in these chemical messengers can lead to depression, anxiety disorder, bipolar disorder, and attention deficit hyperactivity disorder (ADHD), as well as difficulty sleeping, fatigue, irritability, and apathy.^{1,2}

Nutrients serve as the building blocks for serotonin, dopamine, and norepinephrine.³ Without proper nutrition, your brain cannot adequately communicate with the rest of your body, which may lead to changes in your mood.³ For example, processed or prepackaged foods that are high in added sugar, sodium, and saturated fat can worsen your mood.⁴ These foods are often low in vitamins and minerals which inhibit neurotransmitters, disrupts sleep, and decrease blood flow to your brain.⁴ Check out the chart below to learn more about the effects that different nutrients have on your mood. Make sure to identify food sources that you can include in your daily intake to help maintain your overall health and well-being.

Nutrient	Impact on Mood	Source
Carbohydrate ¹	Produces a sense of calm	100% whole grain bread and cereal, potatoes, beans, peas, and corn
Protein ¹	Enhances alertness and boosts motivation	Lean meat, fish, poultry, low-fat or fat-free dairy, eggs, beans, and nuts
Omega-3 Fatty Acid ¹	Quiets cravings and induces calm	Salmon, sardines, mackerel, herring, flax seeds, and walnuts
Vitamin A ⁵	Impacts learning and memory development	Sweet potatoes, spinach, carrots, and fortified cereal
Vitamin B6 ⁶	Improves memory and concentration	Fortified cereal and soy products, potatoes, and chickpeas
Vitamin B12 ⁷	Regulates mood, controls emotions, and improves sleep	Clams, oysters, fish, lean meat, poultry, low-fat or fat-free dairy, and fortified cereal
Folate ⁸	Prevents depressed mood	Broccoli, spinach, collard, 100% whole grains, and fortified cereal
Vitamin C ⁹	Minimizes mood changes and boosts energy	Oranges, kiwi, strawberries, broccoli, tomatoes, and red and green peppers





Nutrient	Impact on Mood	Source
Vitamin D ¹⁰	Eases depressive symptoms	Sunlight, fatty fish, eggs, fortified milk, juice, and cereal
Calcium ¹¹	Reduces anxiety and irritability and improves sleep	Milk, yogurt, cheese, kale, and fortified dairy alternatives (soy milk)
Iron ¹²	Fights fatigue, irritability, and mood swings	Lean beef, eggs, beans, and fortified cereal
Magnesium ¹³	Inhibits depression, psychosis, and muscle weakness	Oat bran, brown rice, and almonds
Potassium ¹⁴	Controls mood and prevents depression	Potatoes, bananas, yogurt, tuna, and soy

Mood Affects Food Choices

Do you eat because you're happy or sad? What about when you're bored or stressed? In addition to what you eat, you need to be aware of when and why you eat. Your mood can wreak havoc with your appetite and food cravings causing you to overeat or make poor food choices. ¹⁵ Mindful eating is about paying attention to your hunger cues and your level of fullness. If your mood regularly affects your food choices, talk to a health care professional and check out the Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness Department's (HPW) fact sheets on Eating with Food in Mind and the Tracker to Identify Your Food Triggers to help improve your eating habits.

The relationship between food and mood is complex. Proper nutrition can help control your stress level and stabilize your mood. However, healthy eating is not a substitute for medication prescribed to treat mental illness. If you think you have an illness or if you have been diagnosed with a condition, seek medical advice from your health care provider.

Resources

For additional information on the amount of each nutrient that your body needs to stay healthy, check out the following fact sheets:

- · Nutri-Facts: Nutrient Overview
- · Nutri-Facts: Vitamins and Minerals

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Tips for Better Sleep

Sleep problems are common and, if allowed to go unaddressed for very long, may lead to other health issues. These issues may include poor reaction times, drowsiness while operating a motor vehicle or machinery, poor decision making and vulnerability to illness due to a compromised immune system. The experts at the National Sleep Foundation and other experts suggest some measures and five tips to take to help improve sleep!

Create a consistent bedtime routine Develop a nightly ritual and routine. This will help train your body and mind that it is time to rest. For instance, dimming the lights, brushing your teeth and washing your face may be part of a routine.

Put worry to bed Learn to put your worries to bed so that you can get some rest. Try writing or journaling about the day and then be done with it. Allow yourself to let go of it for now so that you can fall asleep and commit to solving the problem tomorrow.

Retire to bed at the same time every night Those who go to bed at the same time each night are more rested and sleep better than those who go to sleep at different times.

Avoid alcohol and caffeine Both caffeine and alcohol interfere with and disrupt sleep. Limit any type of stimulant and alcohol to several hours before bed time.

Wake up without an alarm When it is possible, wake up without an alarm to determine the true number of hours of sleep your body would like to receive. Typically, those who do not need an alarm, wake up rested and refreshed due to waking at a normal waking point in the sleep cycle.

Naps

If you are fatigued and tired, avoid taking a long nap. Long naps often interfere with night sleeping patterns. The Sleep Foundation recommends a short power nap (10-30 minutes) to overcome an afternoon slump.



NMCPHC – Tips for Sleep





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Stress Navigation Plan for Weight Loss

Effective stress navigation doesn't begin once stress enters our lives and impacts it in a negative way; it begins by planning ahead and exploring available resources while we're still **emotionally and physically healthy**. This Stress Navigation Plan is **your own** prioritized list of **positive** strategies and support resources that you can refer to in times of stress or adversity. Keep it in an easily accessible place so that you can use it to help you make healthy decisions during life's inevitable challenges. Your Stress Navigation Plan is a **personal, confidential, and proactive tool** to help keep you on track.

How do I know when I'm stressed out?
Physical signs (e.g. change in energy level, muscle tension, etc.):
Emotional signs (e.g. negative thoughts, feeling overwhelmed or anxious, easily agitated, etc.):
Social or behavioral signs (e.g. withdrawing from friends or family, lashing out in anger, increased alcohol, drug or tobacco use, etc.):
These strategies or actions help me when
I need a good laugh:
I need to relieve stress on my own:
I need to reenergize my connections with others and/or my spirituality:
I am not able to sleep:





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I find myself thinking negatively and need to refocus:
I find myself wanting to eat due to stress:
Who do I talk to or reach out to when I am (list names and phone numbers)
Frustrated with my lack of weight loss:
Tempted to stray from my eating plan:
Not motivated to work out:
Feeling discouraged, nervous, or lonely:
Some things that motivate me are: (list things that keep you focused on your weight loss goals)
One thing I look forward to accomplishing in the future is:





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Health Promotion and Wellness Department ShipShape Program Participant Study Guide

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